



## Banana Fruit Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 3 bananas sliced
- ☐ 1 tablespoon honey
- ☐ 2 cups ice cubes
- ☐ 1 cup pineapple juice

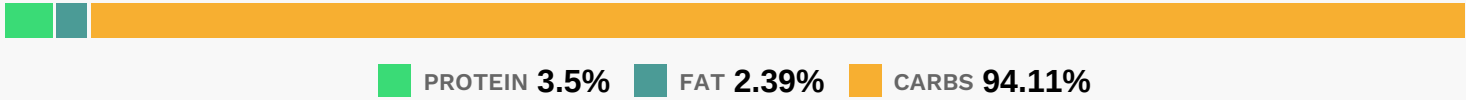
### Equipment

- ☐ blender

# Directions

- ☐ In a blender, combine pineapple juice, bananas, honey and ice. Blend until smooth.
- ☐ Pour into glasses and serve.

# Nutrition Facts



# Properties

Glycemic Index:38.26, Glycemic Load:15.49, Inflammation Score:-3, Nutrition Score:5.7817391934602%

# Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 126kcal (6.3%), Fat: 0.36g (0.56%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.67g (10.79%), Sugar: 21g (23.33%), Cholesterol: 0mg (0%), Sodium: 8.19mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Manganese: 0.54mg (27.03%), Vitamin B6: 0.39mg (19.25%), Vitamin C: 13.63mg (16.52%), Potassium: 396.26mg (11.32%), Fiber: 2.43g (9.72%), Magnesium: 32.26mg (8.07%), Folate: 28.42µg (7.11%), Copper: 0.13mg (6.53%), Vitamin B2: 0.08mg (4.65%), Vitamin B1: 0.06mg (4.11%), Vitamin B3: 0.71mg (3.56%), Vitamin B5: 0.33mg (3.32%), Phosphorus: 24.4mg (2.44%), Iron: 0.44mg (2.42%), Calcium: 15.96mg (1.6%), Zinc: 0.22mg (1.47%), Selenium: 0.99µg (1.41%), Vitamin A: 59.59IU (1.19%)