

Banana Juice



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



342 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large bananas ripe
- ☐ 1 tablespoon honey
- ☐ 2 cups milk
- ☐ 2 tablespoons slivered pistachios shelled

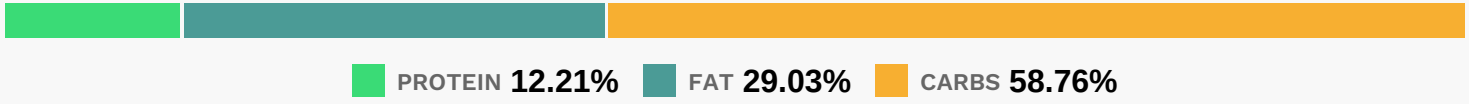
Equipment

- ☐ blender

Directions

Blend milk, bananas, pistachios, and honey in a blender until smooth and frothy, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:81.53, Glycemic Load:24.12, Inflammation Score:-6, Nutrition Score:15.732173904129%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 8.56mg, Catechin: 8.56mg, Catechin: 8.56mg, Catechin: 8.56mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 341.51kcal (17.08%), Fat: 11.66g (17.94%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 48.79g (17.74%), Sugar: 37.52g (41.69%), Cholesterol: 29.28mg (9.76%), Sodium: 94.57mg (4.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.07%), Vitamin B6: 0.78mg (38.9%), Calcium: 315.42mg (31.54%), Phosphorus: 313.53mg (31.35%), Potassium: 935.22mg (26.72%), Vitamin B2: 0.45mg (26.59%), Manganese: 0.48mg (23.77%), Vitamin B12: 1.32µg (21.96%), Magnesium: 75.29mg (18.82%), Vitamin D: 2.68µg (17.89%), Fiber: 4.33g (17.32%), Vitamin B1: 0.24mg (16.27%), Vitamin C: 12.3mg (14.91%), Vitamin B5: 1.41mg (14.11%), Copper: 0.21mg (10.49%), Vitamin A: 513.45IU (10.27%), Selenium: 6.61µg (9.44%), Zinc: 1.39mg (9.28%), Folate: 31.24µg (7.81%), Vitamin B3: 1.27mg (6.35%), Iron: 0.69mg (3.84%), Vitamin E: 0.43mg (2.87%), Vitamin K: 1.41µg (1.34%)