



Banana-Mango Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.8 cup banana ripe sliced (1 medium)
- 0.7 cup milk fat-free
- 1 teaspoon honey
- 1 cup mangos ripe cubed peeled
- 0.3 teaspoon vanilla extract

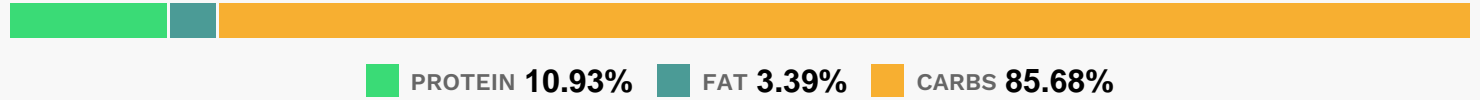
Equipment

- baking sheet
- blender

Directions

- Arrange the mango cubes in a single layer on a baking sheet; freeze until firm (about 1 hour).
- Place frozen mango and the remaining ingredients in a blender. Process until smooth.

Nutrition Facts



Properties

Glycemic Index:96.03, Glycemic Load:14.78, Inflammation Score:-7, Nutrition Score:9.8978259718936%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 4.85mg, Catechin: 4.85mg, Catechin: 4.85mg, Catechin: 4.85mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 139.41kcal (6.97%), Fat: 0.56g (0.87%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 29.35g (10.67%), Sugar: 25.23g (28.03%), Cholesterol: 2.45mg (0.82%), Sodium: 35.06mg (1.52%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 4.1g (8.2%), Vitamin C: 34.94mg (42.35%), Vitamin A: 1095.25IU (21.91%), Vitamin B6: 0.35mg (17.65%), Potassium: 478.92mg (13.68%), Folate: 48.43µg (12.11%), Calcium: 119.95mg (12%), Fiber: 2.79g (11.16%), Phosphorus: 111.48mg (11.15%), Vitamin B2: 0.18mg (10.66%), Manganese: 0.21mg (10.51%), Magnesium: 33.37mg (8.34%), Vitamin B12: 0.47µg (7.89%), Copper: 0.14mg (6.94%), Vitamin B5: 0.64mg (6.45%), Vitamin D: 0.9µg (5.99%), Vitamin B1: 0.09mg (5.76%), Vitamin E: 0.8mg (5.32%), Vitamin B3: 1.03mg (5.14%), Selenium: 2.72µg (3.88%), Vitamin K: 3.75µg (3.57%), Zinc: 0.53mg (3.56%), Iron: 0.29mg (1.63%)