



Banana-Maple Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 banana ripe sliced
- ☐ 0.3 cup ice cubes
- ☐ 0.5 cup maple yogurt low-fat
- ☐ 1 tablespoon maple syrup pure
- ☐ 1 Dash nutmeg freshly grated plus more for garnish
- ☐ 2 tablespoons pecans plus more for garnish toasted

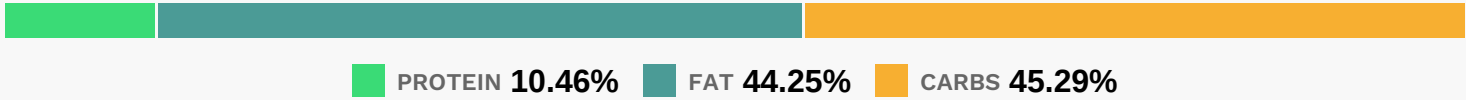
Equipment

- ☐ blender

Directions

- ☐ Pure all ingredients in a blender until smooth.
- ☐ Pour into a chilled glass, and garnish with toasted pecans and grated nutmeg; serve.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:2.9099999867056%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65.43kcal (3.27%), Fat: 3.37g (5.19%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.78g (6.42%), Cholesterol: 1.47mg (0.49%), Sodium: 18.25mg (0.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Manganese: 0.31mg (15.53%), Vitamin B2: 0.12mg (6.89%), Calcium: 53.31mg (5.33%), Phosphorus: 49.38mg (4.94%), Potassium: 125.67mg (3.59%), Magnesium: 13.52mg (3.38%), Copper: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.45mg (3%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.73g (2.93%), Vitamin B12: 0.14µg (2.29%), Vitamin B5: 0.22mg (2.19%), Selenium: 1.08µg (1.55%), Vitamin C: 1.27mg (1.54%), Folate: 6.09µg (1.52%)