



Banana Milo Milkshake

READY IN



45 min.

SERVINGS



1

CALORIES



284 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup vanilla almond milk canned (you can use regular milk)
- 1 large banana
- 1 tablespoon milo chocolate malt powder
- 1 Handful strawberries chopped
- 2 tablespoons whipped cream
- 0.3 cup whipped cream

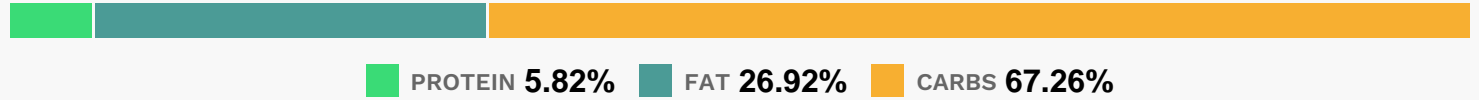
Equipment

- blender

Directions

- In a blender, pour in your milk, milo, banana and ice-cream and blend till smooth.
- Pour into a glass, spray the whipped cream on top and sprinkle the chopped strawberries on top.
- Serve cool. For those that asked, here is a link on how to make whipped cream.

Nutrition Facts



Properties

Glycemic Index:210.78, Glycemic Load:21.85, Inflammation Score:-6, Nutrition Score:12.968260869565%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 10.54mg, Catechin: 10.54mg, Catechin: 10.54mg, Catechin: 10.54mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 2.07%, Sourness: 29.64%, Bitterness: 18.18%, Savoriness: 7.68%, Fattiness: 47.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 283.95kcal (14.2%), Fat: 9.01g (13.87%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 44.85g (16.31%), Sugar: 31.37g (34.86%), Cholesterol: 24.47mg (8.16%), Sodium: 199.89mg (8.69%), Protein: 4.39g (8.77%), Vitamin C: 54.43mg (65.97%), Manganese: 0.65mg (32.38%), Vitamin B6: 0.56mg (28.09%), Fiber: 5.82g (23.29%), Calcium: 224.62mg (22.46%), Potassium: 711.93mg (20.34%), Magnesium:

55.72mg (13.93%), Vitamin B2: 0.21mg (12.17%), Folate: 48.44µg (12.11%), Phosphorus: 101.23mg (10.12%), Copper: 0.16mg (8%), Vitamin B5: 0.78mg (7.79%), Vitamin B3: 1.34mg (6.69%), Vitamin A: 329.37IU (6.59%), Vitamin B1: 0.09mg (5.78%), Iron: 0.81mg (4.49%), Zinc: 0.61mg (4.06%), Selenium: 2.77µg (3.96%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.18µg (3.03%), Vitamin K: 2.78µg (2.64%)