



Banana, Nutella, and Coconut Yogurt Shake with Chai Spices

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



495 kcal

BEVERAGE

DRINK

Ingredients

- 2 banana frozen peeled sliced
- 1 container coconut milk
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.3 cup nutella

0.7 cup coconut milk unsweetened canned

Equipment

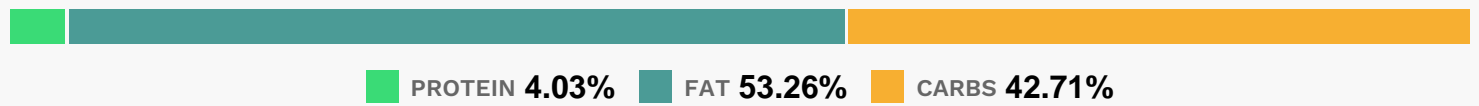
blender

Directions

Combine frozen bananas, yogurt, Nutella, coconut milk, cinnamon, cardamom, ginger, and clove in a blender and blend on high until smooth.

Serve garnished with coconut flakes if desired.

Nutrition Facts



Properties

Glycemic Index:95.56, Glycemic Load:19.35, Inflammation Score:-4, Nutrition Score:14.946521779765%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 495.05kcal (24.75%), Fat: 30.74g (47.29%), Saturated Fat: 27.78g (173.6%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 48.29g (17.56%), Sugar: 37.34g (41.49%), Cholesterol: 0mg (0%), Sodium: 29.45mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Manganese: 1.73mg (86.4%), Fiber: 7.18g (28.7%), Vitamin B6: 0.49mg (24.69%), Copper: 0.49mg (24.29%), Potassium: 796.29mg (22.75%), Magnesium: 87.6mg (21.9%), Iron: 3.41mg (18.96%), Phosphorus: 164.73mg (16.47%), Vitamin C: 12.58mg (15.24%), Vitamin E: 2.13mg (14.17%), Selenium: 7.66µg (10.94%), Folate: 41.83µg (10.46%), Vitamin B2: 0.15mg (8.91%), Vitamin B3: 1.59mg (7.95%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.68mg (6.79%), Calcium: 64.62mg (6.46%), Vitamin B1: 0.09mg (6.03%), Vitamin K: 1.82µg (1.73%), Vitamin B12: 0.1µg (1.69%), Vitamin A: 77.86IU (1.56%)