



Banana Nutella Milkshake and Blendtec Giveaway

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



597 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 large banana sliced
- ☐ 2 servings mint for garnish
- ☐ 2 cups vanilla yogurt frozen low fat
- ☐ 0.3 cup nutella
- ☐ 0.3 cup skim milk
- ☐ 2 servings whipped cream for garnish

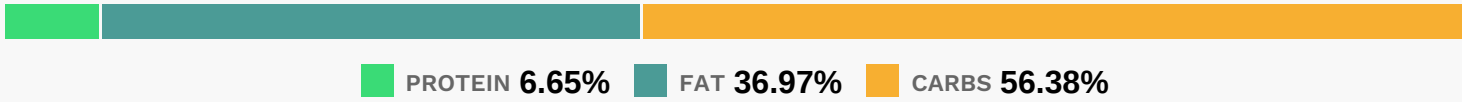
Equipment

☐ blender

Directions

- ☐ Add ingredients to blender jar and secure lid. Select "Ice Crush/Milkshake" and serve in chilled glasses.*
- ☐ Garnish with whipped cream and chocolate jimmies
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:86.18, Glycemic Load:13.03, Inflammation Score:-5, Nutrition Score:13.669130465259%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 596.85kcal (29.84%), Fat: 24.9g (38.31%), Saturated Fat: 20.49g (128.05%), Carbohydrates: 85.45g (28.48%), Net Carbohydrates: 81.86g (29.77%), Sugar: 76.83g (85.37%), Cholesterol: 8.36mg (2.79%), Sodium: 159.16mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.5mg (1.17%), Protein: 10.08g (20.16%), Calcium: 308.11mg (30.81%), Phosphorus: 307.35mg (30.73%), Vitamin B2: 0.48mg (28.02%), Manganese: 0.54mg (27.2%), Potassium: 689.02mg (19.69%), Vitamin E: 2.71mg (18.07%), Magnesium: 65.68mg (16.42%), Copper: 0.32mg (15.99%), Iron: 2.71mg (15.07%), Vitamin B6: 0.3mg (15.06%), Fiber: 3.58g (14.34%), Vitamin B5: 1.35mg (13.48%), Vitamin B12: 0.75µg (12.46%), Selenium: 7.59µg (10.84%), Zinc: 1.35mg (8.97%), Vitamin A: 432.11IU (8.64%), Vitamin B1: 0.13mg (8.38%), Folate: 23.23µg (5.81%), Vitamin C: 4.11mg (4.98%), Vitamin B3: 0.89mg (4.47%), Vitamin D: 0.5µg (3.37%), Vitamin K: 1.67µg (1.59%)