



## Banana-Orange Sunrise



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 3 cups orange juice
- 0.3 cup honey
- 2 medium banana sliced
- 1 serving ice cubes
- 1 serving cranberry juice cocktail

### Equipment

- blender

## Directions

- Place orange juice, honey and bananas in blender.
- Add ice cubes until mixture measures 6 cups.
- Cover and blend on low speed 30 seconds or until smooth.
- Divide juice mixture among 8 glasses; pour cranberry juice on top.

## Nutrition Facts

**PROTEIN 3.37%** **FAT 2.31%** **CARBS 94.32%**

## Properties

Glycemic Index:27.38, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:6.1139129555744%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 112.26kcal (5.61%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 27.14g (9.87%), Sugar: 22.74g (25.27%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 58.48mg (70.88%), Potassium: 300.22mg (8.58%), Folate: 34.01µg (8.5%), Vitamin B6: 0.15mg (7.4%), Vitamin B1: 0.09mg (6.19%), Manganese: 0.11mg (5.59%), Magnesium: 18.7mg (4.67%), Vitamin A: 206.65IU (4.13%), Fiber: 0.97g (3.9%), Copper: 0.07mg (3.55%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.29mg (2.94%), Phosphorus: 22.94mg (2.29%), Iron: 0.33mg (1.83%), Calcium: 13.21mg (1.32%)