



Banana-Orange Sunrise



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 2 medium banana sliced
- ☐ 8 servings cranberry juice cocktail
- ☐ 0.3 cup honey
- ☐ 8 servings ice cubes
- ☐ 3 cups orange juice

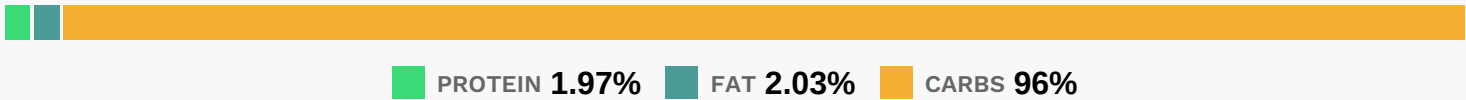
Equipment

- ☐ 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



Properties

Glycemic Index:27.38, Glycemic Load:27.09, Inflammation Score:-6, Nutrition Score:7.968695661296%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg 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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 195.89kcal (9.79%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 48.05g (17.47%), Sugar: 41.17g (45.75%), Cholesterol: 0mg (0%), Sodium: 7.99mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 123.99mg (150.29%), Manganese: 0.19mg (9.31%), Potassium: 321.9mg (9.2%), Folate: 34.01µg (8.5%), Vitamin B6: 0.15mg (7.4%), Vitamin B1: 0.09mg (6.19%), Magnesium: 20.74mg (5.18%), Copper: 0.09mg (4.72%), Vitamin A: 219.04IU (4.38%), Fiber: 0.97g (3.9%), Vitamin B5: 0.37mg (3.74%), Vitamin B3: 0.65mg (3.27%), Vitamin B2: 0.05mg (3.14%), Vitamin E: 0.46mg (3.04%), Iron: 0.48mg (2.69%), Phosphorus: 24.49mg (2.45%), Calcium: 19.33mg (1.93%), Vitamin K: 2.01µg (1.91%), Selenium: 0.83µg (1.18%), Zinc: 0.17mg (1.15%)