



Banana Orange Swirly Goodness

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- 2 bananas frozen peeled cut into chunks
- 0.5 teaspoon ground nutmeg
- 1.5 tablespoons honey
- 1 orange - peeled seeded
- 8 ounce raspberry yogurt

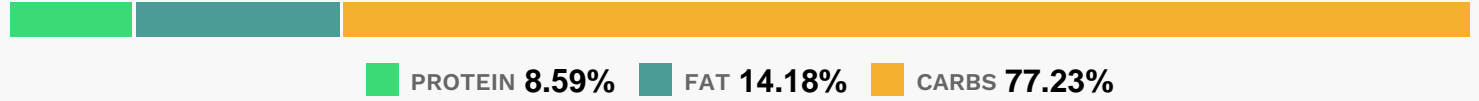
Equipment

- blender

Directions

In a blender, blend the bananas, orange, raspberry yogurt, honey, and nutmeg until smooth.

Nutrition Facts



Properties

Glycemic Index:59.64, Glycemic Load:11.77, Inflammation Score:-4, Nutrition Score:6.02347827476%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 127.74kcal (6.39%), Fat: 2.17g (3.33%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 24.18g (8.79%), Sugar: 19.44g (21.6%), Cholesterol: 7.37mg (2.46%), Sodium: 27.03mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin C: 22.89mg (27.74%), Vitamin B6: 0.26mg (12.83%), Potassium: 363.35mg (10.38%), Fiber: 2.39g (9.55%), Manganese: 0.18mg (9.17%), Calcium: 85.59mg (8.56%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 72.28mg (7.23%), Magnesium: 26.62mg (6.66%), Folate: 25.94µg (6.49%), Vitamin B5: 0.5mg (5.05%), Vitamin B1: 0.06mg (4.27%), Copper: 0.07mg (3.56%), Vitamin B12: 0.21µg (3.5%), Vitamin A: 167.83IU (3.36%), Zinc: 0.47mg (3.12%), Selenium: 2.07µg (2.95%), Vitamin B3: 0.54mg (2.7%), Iron: 0.26mg (1.42%), Vitamin E: 0.15mg (1.01%)