



Banana-Peach Shake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 cup banana ripe sliced
- ☐ 0.8 cup milk fat-free
- ☐ 1.5 cups vanilla yogurt fat-free frozen
- ☐ 0.5 cup peaches fresh peeled sliced

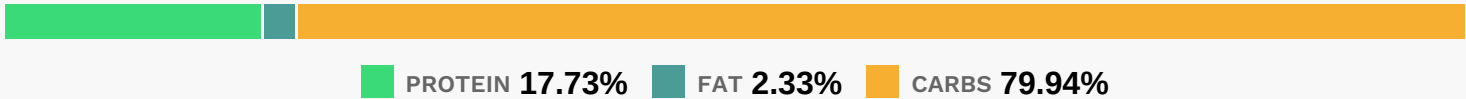
Equipment

- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a blender; cover and process until smooth.
- ☐ Add frozen yogurt; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:5.57, Inflammation Score:-4, Nutrition Score:8.4965217320815%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 177.65kcal (8.88%), Fat: 0.47g (0.73%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 35.21g (12.8%), Sugar: 32.59g (36.21%), Cholesterol: 4.29mg (1.43%), Sodium: 99.83mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Calcium: 269.74mg (26.97%), Phosphorus: 224.29mg (22.43%), Vitamin B2: 0.33mg (19.59%), Vitamin B12: 0.93µg (15.52%), Potassium: 490.58mg (14.02%), Selenium: 9.45µg (13.5%), Vitamin B6: 0.21mg (10.66%), Magnesium: 36.78mg (9.19%), Zinc: 1.29mg (8.61%), Manganese: 0.15mg (7.52%), Vitamin B1: 0.1mg (6.65%), Vitamin C: 4.81mg (5.83%), Folate: 20.46µg (5.11%), Fiber: 1.25g (5.01%), Vitamin A: 244.66IU (4.89%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.37mg (3.69%), Vitamin B3: 0.62mg (3.12%), Copper: 0.06mg (3.04%), Vitamin K: 2.28µg (2.18%), Vitamin E: 0.29mg (1.96%), Iron: 0.26mg (1.44%)