



Banana-Peanut Butter Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 fully banana ripe
- 2 Tbsp creamy peanut butter
- 1 cup ice cubes
- 1 cup milk
- 1 stick maxwell house international iced vanilla latte french

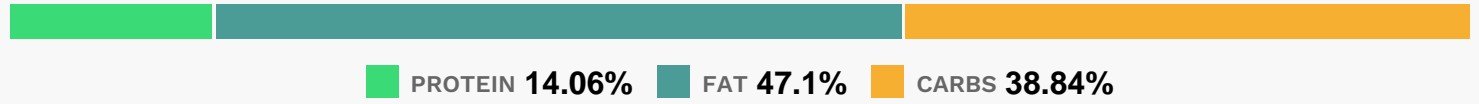
Equipment

- blender

Directions

- Blend all ingredients except ice in blender until flavored coffee is completely dissolved.
- Add ice; blend on high speed until drink is thickened and smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.39, Glycemic Load:9.09, Inflammation Score:-4, Nutrition Score:9.7260869663695%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 222.67kcal (11.13%), Fat: 12.27g (18.88%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 20.48g (7.45%), Sugar: 14.81g (16.45%), Cholesterol: 14.64mg (4.88%), Sodium: 121.55mg (5.28%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 8.24g (16.49%), Manganese: 0.4mg (19.99%), Phosphorus: 190.47mg (19.05%), Vitamin B6: 0.36mg (18.11%), Calcium: 164.45mg (16.45%), Magnesium: 58.85mg (14.71%), Vitamin B2: 0.24mg (14.26%), Potassium: 485.2mg (13.86%), Vitamin B3: 2.65mg (13.25%), Vitamin B12: 0.66µg (10.98%), Vitamin E: 1.58mg (10.52%), Fiber: 2.3g (9.21%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.82mg (8.22%), Vitamin B1: 0.11mg (7.25%), Zinc: 1.01mg (6.72%), Copper: 0.13mg (6.69%), Folate: 25.56µg (6.39%), Vitamin C: 5.13mg (6.22%), Selenium: 3.56µg (5.09%), Vitamin A: 235.4IU (4.71%), Iron: 0.43mg (2.39%)