



Banana-Peanut Butter Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



89 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:21.36, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:3.8913043413473%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.07kcal (4.45%), Fat: 4.91g (7.55%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.92g (6.58%), Cholesterol: 5.86mg (1.95%), Sodium: 48.62mg (2.11%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 3.3g (6.6%), Manganese: 0.16mg (8%), Phosphorus: 76.19mg (7.62%), Vitamin B6: 0.14mg (7.24%), Calcium: 65.78mg (6.58%), Magnesium: 23.54mg (5.89%), Vitamin B2: 0.1mg (5.71%), Potassium: 194.08mg (5.55%), Vitamin B3: 1.06mg (5.3%), Vitamin B12: 0.26µg (4.39%), Vitamin E: 0.63mg (4.21%), Fiber: 0.92g (3.68%), Vitamin D: 0.54µg (3.58%), Vitamin B5: 0.33mg (3.29%), Vitamin B1: 0.04mg (2.9%), Zinc: 0.4mg (2.69%), Copper: 0.05mg (2.67%), Folate: 10.22µg (2.56%), Vitamin C: 2.05mg (2.49%), Selenium: 1.43µg (2.04%), Vitamin A: 94.16IU (1.88%)