



Banana Raspberry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana ripe
- 1 tablespoon honey good
- 2 cups ice cubes
- 0.3 cup orange juice freshly squeezed
- 0.5 pint raspberries fresh
- 0.5 cup skim milk
- 0.3 cup yogurt

Equipment

blender

Directions

Watch how to make this recipe.

Combine the raspberries, banana, orange juice, milk, yogurt, honey and ice in a blender and process until smooth and serve.

Nutrition Facts



PROTEIN 10.15% **FAT 8.63%** **CARBS 81.22%**

Properties

Glycemic Index:59.33, Glycemic Load:7.81, Inflammation Score:-4, Nutrition Score:7.4400000261224%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 99.7kcal (4.98%), Fat: 1.03g (1.59%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 17.26g (6.28%), Sugar: 14.09g (15.65%), Cholesterol: 2.91mg (0.97%), Sodium: 26.77mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 25.92mg (31.41%), Manganese: 0.48mg (24.19%), Fiber: 4.65g (18.61%), Potassium: 303.53mg (8.67%), Vitamin B6: 0.17mg (8.55%), Calcium: 80.78mg (8.08%), Phosphorus: 73.8mg (7.38%), Magnesium: 29.48mg (7.37%), Vitamin B2: 0.11mg (6.62%), Folate: 24.76µg (6.19%), Copper: 0.11mg (5.29%), Vitamin B5: 0.5mg (4.95%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.06mg (4.24%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.56mg (3.73%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.67mg (3.33%), Iron: 0.55mg (3.03%), Vitamin A: 147.03IU (2.94%), Vitamin D: 0.35µg (2.35%), Selenium: 1.42µg (2.03%)