

Banana Recovery Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



223 kcal

Ingredients

- ☐ 1 banana whole cold
- ☐ 2 tbsp quinoa cooked
- ☐ 2 tbsp hemp protein powder
- ☐ 3 tbsp soymilk plain sweetened

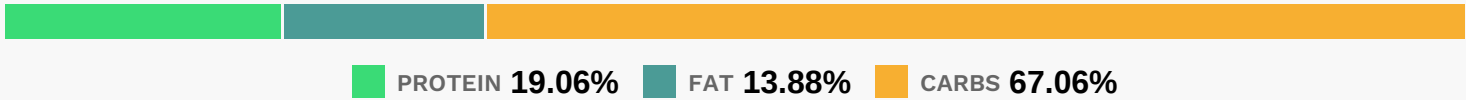
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Combine all ingredients in a blender or food processor, whizzing until smooth.
- ☐ Serve immediatelyimmediately.Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ NA Fat
- ☐ NA Carbohydrate
- ☐ NA Dietary Fiber NA Sugars NA Protein NA

Nutrition Facts



Properties

Glycemic Index:141.19, Glycemic Load:16.41, Inflammation Score:-5, Nutrition Score:10.743913031143%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 223.32kcal (11.17%), Fat: 3.53g (5.43%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 31.38g (11.41%), Sugar: 16.49g (18.32%), Cholesterol: 0mg (0%), Sodium: 25.76mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B6: 0.57mg (28.71%), Fiber: 7.02g (28.06%), Manganese: 0.51mg (25.26%), Vitamin C: 13.51mg (16.37%), Potassium: 536.73mg (15.34%), Magnesium: 50.78mg (12.69%), Folate: 50.42µg (12.6%), Iron: 2.23mg (12.38%), Vitamin B2: 0.21mg (12.25%), Vitamin B3: 2.39mg (11.94%), Copper: 0.2mg (10.21%), Vitamin E: 1.44mg (9.59%), Calcium: 85.27mg (8.53%), Vitamin B12: 0.49µg (8.1%), Phosphorus: 70.89mg (7.09%), Vitamin B1: 0.1mg (6.41%), Vitamin A: 253.85IU (5.08%), Selenium: 3.04µg (4.35%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.39mg (3.94%), Vitamin D: 0.54µg (3.6%)