



## Banana Shake

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



314 kcal

BEVERAGE

DRINK

### Ingredients

- 1 banana
- 1 tablespoon juice of lemon
- 1 cup milk
- 1 cup yogurt plain
- 0.3 cup whipped cream
- 4 tablespoons sugar white

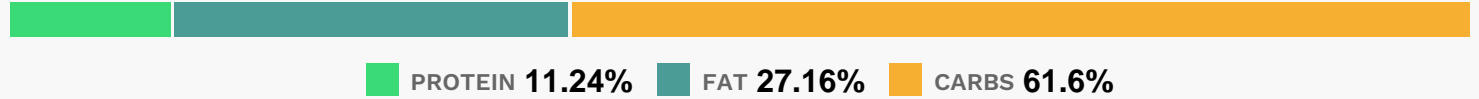
### Equipment

- blender

## Directions

- In a blender, combine banana, lemon juice and sugar. Process until smooth. Blend in the milk and yogurt.
- Pour into glasses, top with a dab of whipped cream and serve.

## Nutrition Facts



## Properties

Glycemic Index:118.43, Glycemic Load:27.05, Inflammation Score:-4, Nutrition Score:10.494347852209%

## 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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 313.76kcal (15.69%), Fat: 9.84g (15.14%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 48.66g (17.69%), Sugar: 43.52g (48.35%), Cholesterol: 36.26mg (12.09%), Sodium: 104.21mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Calcium: 309.5mg (30.95%), Phosphorus: 259.85mg (25.99%), Vitamin B2: 0.4mg (23.29%), Vitamin B12: 1.13µg (18.9%), Potassium: 603.33mg (17.24%), Vitamin B6: 0.34mg (16.83%), Magnesium: 46.54mg (11.64%), Vitamin B5: 1.16mg (11.61%), Vitamin C: 8.65mg (10.48%), Vitamin D: 1.49µg (9.96%), Zinc: 1.35mg (8.97%), Manganese: 0.17mg (8.55%), Vitamin B1: 0.13mg (8.45%), Selenium: 5.86µg (8.37%), Vitamin A: 408.5IU (8.17%), Fiber: 1.56g (6.23%), Folate: 22.1µg (5.53%), Vitamin B3: 0.62mg (3.12%), Copper: 0.06mg (3.09%), Vitamin E: 0.25mg (1.69%), Iron: 0.24mg (1.31%)