



Banana Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple juice concentrate frozen thawed
- ☐ 2 large bananas frozen sliced
- ☐ 1 cup milk low-fat
- ☐ 0.5 teaspoon vanilla extract

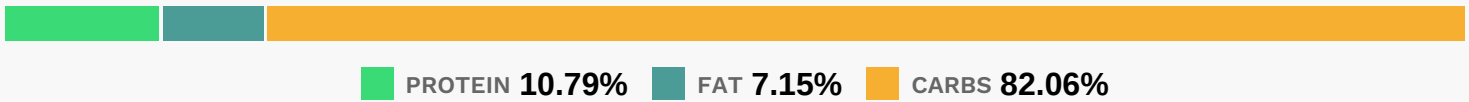
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender 1 to 2 minutes or until smooth, stopping once to scrape down sides.
- ☐ Serve immediately.
- ☐ Add 2 to 3 tablespoons creamy peanut butter before processing.
- ☐ Strawberry Shake or Strawberry–Banana Shake: Substitute 2 cups frozen sliced strawberries for bananas, or combine 1 cup frozen sliced strawberries and 1 banana, sliced and frozen.
- ☐ Pineapple–Orange–Banana Shake: Substitute 1 cup pineapple–orange juice for milk.
- ☐ Note: Leftover shake mixture may be frozen in small cups or ice–cream cones and served as a frozen snack.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:11.28, Inflammation Score:-4, Nutrition Score:6.8456521656202%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 129.12kcal (6.46%), Fat: 1.08g (1.67%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 25.54g (9.29%), Sugar: 17.7g (19.66%), Cholesterol: 3.93mg (1.31%), Sodium: 32.75mg (1.42%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 3.68g (7.35%), Vitamin B6: 0.39mg (19.25%), Potassium: 478.48mg (13.67%), Manganese: 0.27mg (13.45%), Vitamin B2: 0.18mg (10.68%), Calcium: 105.93mg (10.59%), Phosphorus: 102.94mg (10.29%), Vitamin C: 8.14mg (9.86%), Fiber: 2.41g (9.65%), Magnesium: 35.38mg (8.84%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.6mg (6.01%), Vitamin D: 0.87µg (5.77%), Vitamin B1: 0.08mg (5.25%), Folate: 19.71µg (4.93%), Vitamin A: 212.49IU (4.25%), Copper: 0.08mg (3.76%), Selenium: 2.59µg (3.69%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.48mg (3.2%), Iron: 0.27mg (1.5%)