



 1%
HEALTH SCORE

Banana Smoothie Boost

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.7 cup vanilla almond milk
- 1 banana frozen
- 4 servings chocolate shaved
- 2 teaspoons hot-brewed coffee
- 1 teaspoon honey

Equipment

- blender

Directions

Mix everything but shaved chocolate up in a blender. pour into glass and sprinkle chocolate on top.

Nutrition Facts

  
 **PROTEIN 4.96%**  **FAT 18.18%**  **CARBS 76.86%**

Properties

Glycemic Index:37.41, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:1.6430434782609%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 2.39%, Sourness: 25.29%, Bitterness: 27.37%, Savoriness: 11.42%, Fattiness: 58.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 42.5kcal (2.13%), Fat: 0.94g (1.45%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.99g (2.9%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 54.74mg (2.38%), Protein: 0.58g (1.15%), Vitamin B6: 0.11mg (5.46%), Calcium: 51.87mg (5.19%), Manganese: 0.09mg (4.33%), Fiber: 0.95g (3.8%), Potassium: 110.63mg (3.16%), Vitamin C: 2.58mg (3.12%), Magnesium: 9.2mg (2.3%), Vitamin B2: 0.03mg (1.56%), Folate: 6.01µg (1.5%), Copper: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.07%), Vitamin B3: 0.21mg (1.05%)