

## Banana Smoothie II

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



412 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana
- 1 eggs
- 0.3 teaspoon nutmeg
- 1 tablespoon honey
- 1 cup milk cold
- 1 teaspoon vanilla extract
- 1 tablespoon wheat germ

### Equipment

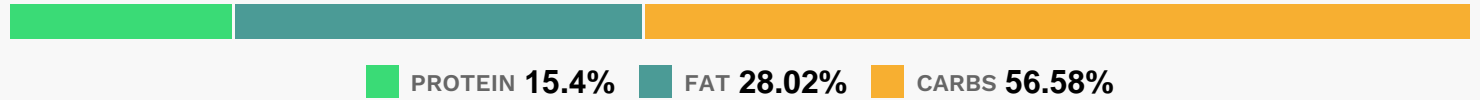
blender

## Directions

In a blender, combine banana, milk, egg, wheat germ, honey, vanilla and nutmeg. Blend until smooth.

Pour into a chilled glass and serve.

## Nutrition Facts



## Properties

Glycemic Index:215.05, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:21.092608757641%

## 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: 412.13kcal (20.61%), Fat: 13.1g (20.15%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 55.58g (20.21%), Sugar: 44.18g (49.09%), Cholesterol: 192.96mg (64.32%), Sodium: 158.32mg (6.88%), Alcohol: 1.38g (100%), Alcohol %: 0.4% (100%), Protein: 16.2g (32.4%), Manganese: 1.11mg (55.64%), Phosphorus: 407.98mg (40.8%), Vitamin B2: 0.66mg (39.03%), Vitamin B6: 0.74mg (36.75%), Selenium: 23.86µg (34.08%), Calcium: 335.42mg (33.54%), Vitamin B12: 1.71µg (28.49%), Potassium: 916.81mg (26.19%), Vitamin D: 3.56µg (23.76%), Vitamin B5: 2.12mg (21.19%), Magnesium: 81.38mg (20.35%), Vitamin B1: 0.3mg (19.77%), Zinc: 2.48mg (16.55%), Fiber: 3.94g (15.76%), Folate: 60.53µg (15.13%), Vitamin A: 708.91IU (14.18%), Vitamin C: 10.39mg (12.59%), Copper: 0.19mg (9.28%), Iron: 1.53mg (8.5%), Vitamin B3: 1.5mg (7.49%), Vitamin E: 0.7mg (4.68%), Vitamin K: 1.45µg (1.38%)