



Banana-Yogurt Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana cut into chunks
- 6 oz lemon yogurt low-fat
- 4 servings kool-aid orange flavor sugar-sweetened drink mix
- 2 cups milk

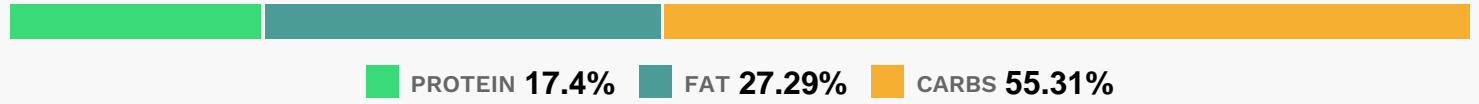
Equipment

- blender

Directions

- Measure drink mix to 1-qt. line in cap; pour into blender.
- Add remaining ingredients; blend until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:5.43, Inflammation Score:-4, Nutrition Score:10.177826062493%

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

Nutrients (% of daily need)

Calories: 216.13kcal (10.81%), Fat: 6.66g (10.25%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 29.58g (10.76%), Sugar: 22.46g (24.96%), Cholesterol: 22.23mg (7.41%), Sodium: 161.47mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.11%), Calcium: 291.93mg (29.19%), Vitamin B2: 0.47mg (27.89%), Phosphorus: 266.13mg (26.61%), Vitamin B12: 1.06µg (17.75%), Potassium: 547.3mg (15.64%), Vitamin B6: 0.29mg (14.48%), Vitamin B1: 0.2mg (13.48%), Magnesium: 49.36mg (12.34%), Selenium: 7.46µg (10.66%), Vitamin B5: 0.94mg (9.36%), Vitamin D: 1.34µg (8.95%), Zinc: 1.13mg (7.54%), Vitamin B3: 1.47mg (7.37%), Manganese: 0.14mg (6.8%), Vitamin A: 285.25IU (5.7%), Folate: 20.24µg (5.06%), Vitamin C: 3.52mg (4.26%), Copper: 0.07mg (3.59%), Fiber: 0.79g (3.15%), Vitamin K: 1.73µg (1.65%), Iron: 0.26mg (1.43%), Vitamin E: 0.18mg (1.19%)