



WHATSheATE



HEALTH SCORE

53%

Basic Banana-Cantaloupe Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



818 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup almond plain unsweetened (choose the one suited to your diet)
- ☐ 1 banana small to medium ripe
- ☐ 1 cup cantaloupe chunks frozen ripe
- ☐ 0.5 cup ice cubes

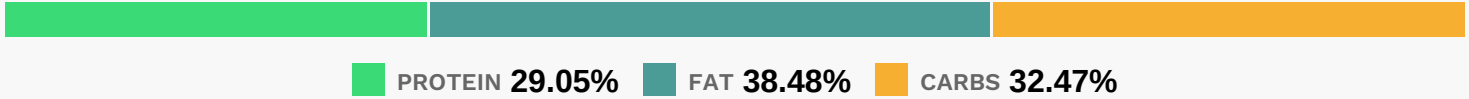
Equipment

- ☐ blender

Directions

☐ Combine 1/2 cup of milk alternative, the banana, and cantaloupe chunks into your blender and blend until smooth.If too thick, add milk alternative to your desired consistency.Blend in the ice if you desire a frostier consistency.

Nutrition Facts



Properties

Glycemic Index:64.78, Glycemic Load:13.71, Inflammation Score:-8, Nutrition Score:32.556956666967%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 817.57kcal (40.88%), Fat: 36.07g (55.49%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 68.5g (22.83%), Net Carbohydrates: 41.56g (15.11%), Sugar: 28.71g (31.9%), Cholesterol: 0mg (0%), Sodium: 15.49mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.27g (122.53%), Vitamin E: 18.42mg (122.81%), Fiber: 26.94g (107.77%), Manganese: 1.95mg (97.62%), Iron: 12.98mg (72.12%), Magnesium: 226.09mg (56.52%), Vitamin B2: 0.9mg (53.01%), Calcium: 499.38mg (49.94%), Copper: 0.85mg (42.37%), Phosphorus: 369.88mg (36.99%), Potassium: 946.53mg (27.04%), Vitamin B6: 0.53mg (26.55%), Vitamin B3: 3.37mg (16.86%), Zinc: 2.42mg (16.13%), Folate: 55.06µg (13.77%), Vitamin C: 10.27mg (12.44%), Vitamin B1: 0.18mg (12.21%), Vitamin B5: 0.73mg (7.29%), Selenium: 4.11µg (5.87%), Vitamin A: 76.24IU (1.52%)