

Berry and Banana Smoothies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana frozen sliced
- 1 cup blackberries
- 1.8 cups greek yogurt plain fat-free
- 1 tablespoon honey
- 0.5 cup orange juice fresh (1 large orange)
- 1 cup strawberries hulled

Equipment

- blender

Directions

Place all ingredients in a blender; process until smooth.

Nutrition Facts

 **PROTEIN 28.86%**  **FAT 4.83%**  **CARBS 66.31%**

Properties

Glycemic Index:56.01, Glycemic Load:8.37, Inflammation Score:-5, Nutrition Score:10.715652144474%

Flavonoids

Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 16.26mg, Catechin: 16.26mg, Catechin: 16.26mg, Catechin: 16.26mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 136.54kcal (6.83%), Fat: 0.77g (1.18%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 20.22g (7.35%), Sugar: 16.89g (18.77%), Cholesterol: 4.38mg (1.46%), Sodium: 33.03mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin C: 46.82mg (56.75%), Manganese: 0.47mg (23.38%), Vitamin B2: 0.3mg (17.41%), Phosphorus: 147.53mg (14.75%), Fiber: 3.47g (13.87%), Selenium: 9.32µg (13.31%), Calcium: 118.53mg (11.85%), Potassium: 407.11mg (11.63%), Vitamin B6: 0.21mg (10.28%), Vitamin B12: 0.61µg (10.21%), Folate: 39.07µg (9.77%), Magnesium: 32.99mg (8.25%), Vitamin K: 8.1µg (7.71%), Copper: 0.13mg (6.5%), Vitamin B5: 0.6mg (5.95%), Zinc: 0.78mg (5.18%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.88mg (4.41%), Vitamin E: 0.58mg (3.84%), Vitamin A: 165.74IU (3.31%), Iron: 0.59mg (3.29%)