



Berry-Banana Fruit Smoothie

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2.5 cups vanilla almond milk unsweetened cold
- 1 banana sliced
- 3.4 oz jell-o banana cream flavor pudding instant
- 1 cup blueberries and raspberries frozen

Equipment

- blender

Directions

Blend ingredients in blender until smooth.

Nutrition Facts

PROTEIN 3.32% **FAT 12.15%** **CARBS 84.53%**

Properties

Glycemic Index:23.69, Glycemic Load:5.05, Inflammation Score:-2, Nutrition Score:4.4547825705098%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 157.66kcal (7.88%), Fat: 2.24g (3.44%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 35.05g (11.68%), Net Carbohydrates: 32.93g (11.97%), Sugar: 25.89g (28.77%), Cholesterol: 0mg (0%), Sodium: 565.01mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Phosphorus: 204.67mg (20.47%), Calcium: 192.64mg (19.26%), Manganese: 0.21mg (10.32%), Fiber: 2.12g (8.49%), Vitamin C: 6.16mg (7.46%), Vitamin K: 7.29µg (6.94%), Vitamin B6: 0.13mg (6.39%), Potassium: 137.71mg (3.93%), Magnesium: 10.67mg (2.67%), Copper: 0.05mg (2.46%), Vitamin B2: 0.04mg (2.2%), Folate: 8.12µg (2.03%), Vitamin B3: 0.35mg (1.76%), Vitamin E: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.54%), Vitamin B5: 0.15mg (1.46%), Iron: 0.21mg (1.16%)