



Berry-Banana Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 banana
- 0.5 cup cheerios
- 0.5 cup skim milk fat-free (skim)
- 2 tablespoons ground flaxseed
- 0.5 cup raspberries fresh whole frozen
- 1 tablespoons sugar
- 1 cup yogurt plain fat-free yoplait®

Equipment

blender

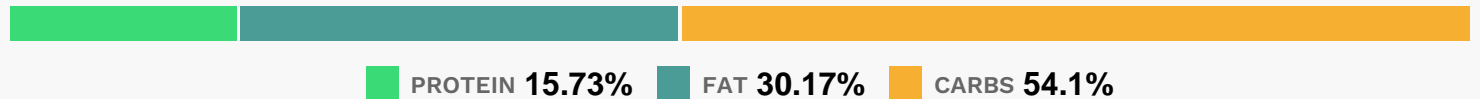
Directions

Place all ingredients in blender. Cover and blend on high speed 10 seconds; stop blender to scrape sides. Cover and blend about 20 seconds longer or until smooth.

Pour mixture into glasses.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:117.56, Glycemic Load:9.99, Inflammation Score:-6, Nutrition Score:14.271304327509%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 217.41kcal (10.87%), Fat: 7.64g (11.76%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 25.68g (9.34%), Sugar: 20.06g (22.29%), Cholesterol: 17.76mg (5.92%), Sodium: 110.31mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Manganese: 0.65mg (32.38%), Calcium: 274.7mg (27.47%), Phosphorus: 260.79mg (26.08%), Fiber: 5.16g (20.63%), Vitamin B12: 1.16µg (19.4%), Vitamin B1: 0.27mg (18.11%), Vitamin B2: 0.3mg (17.93%), Magnesium: 70.04mg (17.51%), Folate: 65.57µg (16.39%), Vitamin B6: 0.33mg (16.33%), Potassium: 533.34mg (15.24%), Vitamin C: 12.2mg (14.79%), Zinc: 2.18mg (14.51%), Iron: 2.27mg (12.59%), Selenium: 7.4µg (10.57%), Vitamin B5: 1.02mg (10.18%), Vitamin A: 448.2IU (8.96%), Vitamin B3: 1.7mg (8.48%), Copper: 0.17mg (8.42%), Vitamin D: 0.99µg (6.57%), Vitamin K: 3.14µg (2.99%), Vitamin E: 0.41mg (2.71%)