



Berry Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana ripe cut into pieces
- ☐ 2 cups berries – blueberries fresh quartered () (if)
- ☐ 0.5 cup ice cubes crushed
- ☐ 2 cups yogurt plain
- ☐ 0.3 cup honey

Equipment

- ☐ blender

Directions

☐ Put all ingredients into a blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:63.03, Glycemic Load:26.91, Inflammation Score:-6, Nutrition Score:14.073043444882%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 409.83kcal (20.49%), Fat: 9.15g (14.08%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 78.7g (26.23%), Net Carbohydrates: 72.89g (26.51%), Sugar: 66.5g (73.89%), Cholesterol: 31.85mg (10.62%), Sodium: 119.49mg (5.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Calcium: 316.12mg (31.61%), Vitamin B2: 0.46mg (27.32%), Phosphorus: 264.48mg (26.45%), Vitamin K: 26.2µg (24.96%), Fiber: 5.8g (23.22%), Manganese: 0.43mg (21.54%), Potassium: 696.71mg (19.91%), Vitamin B6: 0.4mg (19.83%), Vitamin B12: 0.91µg (15.11%), Vitamin B5: 1.37mg (13.73%), Magnesium: 54.52mg (13.63%), Vitamin C: 10.44mg (12.66%), Zinc: 1.74mg (11.61%), Folate: 40.65µg (10.16%), Vitamin B1: 0.14mg (9.26%), Selenium: 6.47µg (9.25%), Copper: 0.14mg (7.2%), Vitamin B3: 1.43mg (7.17%), Vitamin A: 351.61IU (7.03%), Vitamin E: 0.95mg (6.33%), Iron: 0.73mg (4.07%), Vitamin D: 0.25µg (1.63%)