



Berry Banana Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup vanilla yogurt
- 1 medium banana frozen ripe peeled cut into chunks and
- 0.3 cup strawberries unsweetened frozen
- 1 cup skim milk fat-free

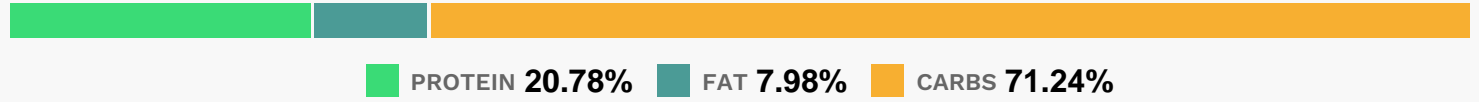
Equipment

- blender

Directions

- In a blender, combine all ingredients; cover and process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:5.95, Inflammation Score:-4, Nutrition Score:8.429130471271%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 136.03kcal (6.8%), Fat: 1.25g (1.93%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 23.89g (8.69%), Sugar: 20.78g (23.09%), Cholesterol: 6.53mg (2.18%), Sodium: 87.9mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.67%), Calcium: 251.34mg (25.13%), Phosphorus: 209.17mg (20.92%), Vitamin B2: 0.3mg (17.79%), Vitamin B12: 0.91µg (15.11%), Potassium: 474.41mg (13.55%), Vitamin C: 11.13mg (13.49%), Vitamin B6: 0.23mg (11.71%), Vitamin B5: 0.89mg (8.89%), Magnesium: 35.05mg (8.76%), Selenium: 6.08µg (8.68%), Manganese: 0.16mg (7.91%), Zinc: 1.12mg (7.47%), Vitamin B1: 0.1mg (6.34%), Vitamin D: 0.9µg (5.99%), Folate: 21.36µg (5.34%), Fiber: 1.26g (5.05%), Vitamin A: 228.33IU (4.57%), Vitamin B3: 0.49mg (2.46%), Copper: 0.05mg (2.43%), Iron: 0.21mg (1.16%)