



## Best Smoothie Ever

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 1 banana frozen
- 1 tablespoon chocolate syrup
- 0.5 cup milk
- 8 ounce yogurt plain
- 8 strawberries frozen
- 2 teaspoons vanilla extract
- 2 scoops whipped cream
- 1 tablespoon sugar white

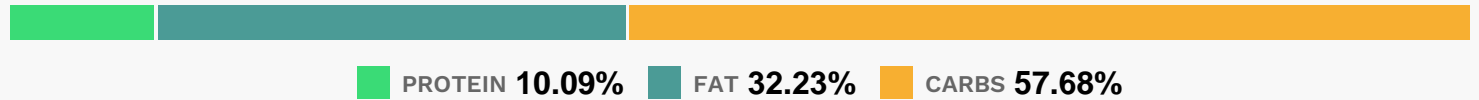
# Equipment

blender

# Directions

Blend the yogurt, ice cream, strawberries, banana, sugar, vanilla, chocolate syrup, and milk together in a blender until smooth.

# Nutrition Facts



# Properties

Glycemic Index:141.43, Glycemic Load:23.11, Inflammation Score:-6, Nutrition Score:13.768260712209%

# Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 372.78kcal (18.64%), Fat: 13.37g (20.57%), Saturated Fat: 8.12g (50.74%), Carbohydrates: 53.84g (17.95%), Net Carbohydrates: 50.62g (18.41%), Sugar: 43.21g (48.02%), Cholesterol: 51.1mg (17.03%), Sodium: 136.83mg (5.95%), Alcohol: 1.38g (100%), Alcohol %: 0.47% (100%), Protein: 9.42g (18.85%), Vitamin C: 34.34mg (41.62%), Calcium: 309.25mg (30.93%), Phosphorus: 276.28mg (27.63%), Vitamin B2: 0.47mg (27.48%), Potassium: 711.71mg (20.33%), Manganese: 0.4mg (20.22%), Vitamin B6: 0.35mg (17.3%), Vitamin B12: 1.01µg (16.77%), Magnesium: 59.32mg (14.83%), Vitamin B5: 1.31mg (13.12%), Fiber: 3.22g (12.86%), Zinc: 1.61mg (10.72%), Vitamin A: 532.46IU (10.65%), Folate: 34.76µg (8.69%), Vitamin B1: 0.13mg (8.35%), Selenium: 5.8µg (8.29%), Copper: 0.15mg (7.48%), Vitamin D: 0.92µg (6.11%), Vitamin B3: 0.85mg (4.26%), Iron: 0.69mg (3.81%), Vitamin E: 0.5mg (3.31%), Vitamin K:

2.01µg (1.91%)