



 **24%**  
HEALTH SCORE

## Blueberry, Persimmon Smoothie with Banana and Peanut Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

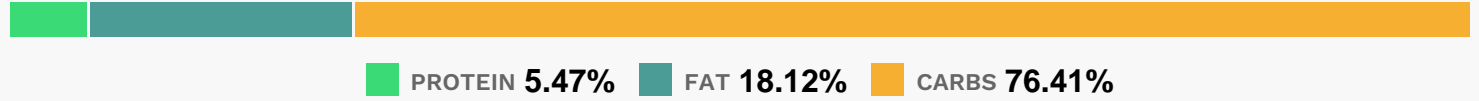
- 2 small banana
- 2 tbsp creamy peanut butter
- 0.5 cup blueberries frozen
- 2 persimmon

### Equipment

# Directions

Blend all the ingredients together with as much water and ice as you like.

# Nutrition Facts



## Properties

Glycemic Index:79.39, Glycemic Load:41.5, Inflammation Score:-7, Nutrition Score:14.629130434783%

## 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: 8.12mg, Catechin: 8.12mg, Catechin: 8.12mg, Catechin: 8.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Taste

Sweetness: 100%, Saltiness: 0.95%, Sourness: 13.56%, Bitterness: 10.47%, Savoriness: 7.74%, Fattiness: 49.07%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 419.86kcal (20.99%), Fat: 9.3g (14.31%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 88.24g (29.41%), Net Carbohydrates: 83.96g (30.53%), Sugar: 17.69g (19.65%), Cholesterol: 0mg (0%), Sodium: 71.7mg (3.12%), Protein: 6.32g (12.64%), Vitamin C: 123.26mg (149.4%), Manganese: 0.63mg (31.58%), Potassium: 1001.11mg (28.6%), Iron: 4.84mg (26.91%), Vitamin B6: 0.46mg (23.05%), Fiber: 4.28g (17.13%), Vitamin B3: 2.95mg (14.77%), Magnesium: 56.53mg (14.13%), Phosphorus: 124.58mg (12.46%), Vitamin E: 1.77mg (11.8%), Folate: 36.18µg (9.05%), Copper: 0.17mg (8.35%), Vitamin K: 7.69µg (7.33%), Vitamin B2: 0.12mg (7.03%), Calcium: 60.47mg (6.05%), Vitamin B5: 0.55mg (5.53%), Vitamin B1: 0.07mg (4.47%), Zinc: 0.62mg (4.11%), Selenium: 1.7µg (2.43%), Vitamin A: 84.62IU (1.69%)