

Breakfast Banana Green Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups baby spinach leaves to taste
- ☐ 1 banana
- ☐ 1 carrots peeled cut into large chunks
- ☐ 0.8 cup greek yogurt plain fat-free to taste
- ☐ 2 tablespoons honey
- ☐ 0.8 cup ice cubes

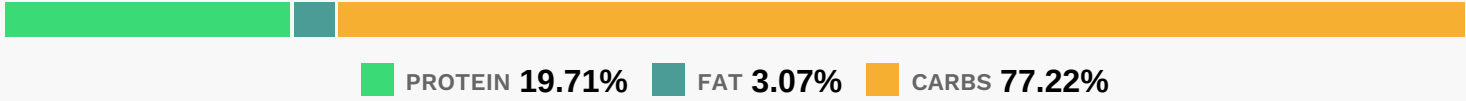
Equipment

- ☐ blender

Directions

☐ Put spinach, banana, carrot, yogurt, ice, and honey in a blender; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:185.88, Glycemic Load:33.31, Inflammation Score:-10, Nutrition Score:28.986521720886%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 363.01kcal (18.15%), Fat: 1.32g (2.04%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 74.99g (25%), Net Carbohydrates: 68.81g (25.02%), Sugar: 56.93g (63.25%), Cholesterol: 7.5mg (2.5%), Sodium: 155.22mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.29%), Vitamin A: 15898.38IU (317.97%), Vitamin K: 298.44µg (284.23%), Manganese: 0.99mg (49.56%), Folate: 162.93µg (40.73%), Vitamin B2: 0.67mg (39.55%), Vitamin C: 30.93mg (37.5%), Vitamin B6: 0.74mg (37.02%), Potassium: 1185.78mg (33.88%), Phosphorus: 282.39mg (28.24%), Magnesium: 105.69mg (26.42%), Calcium: 259.77mg (25.98%), Fiber: 6.18g (24.72%), Selenium: 17.03µg (24.32%), Vitamin B12: 1.05µg (17.5%), Copper: 0.27mg (13.33%), Iron: 2.4mg (13.32%), Vitamin E: 1.75mg (11.69%), Vitamin B5: 1.12mg (11.25%), Vitamin B3: 2.19mg (10.93%), Vitamin B1: 0.16mg (10.44%), Zinc: 1.55mg (10.31%)