



Breakfast In A Glass

 Vegetarian  Gluten Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana
- 0.3 cup nonfat milk
- 8 ounce nonfat yogurt plain
- 0.3 cup strawberries

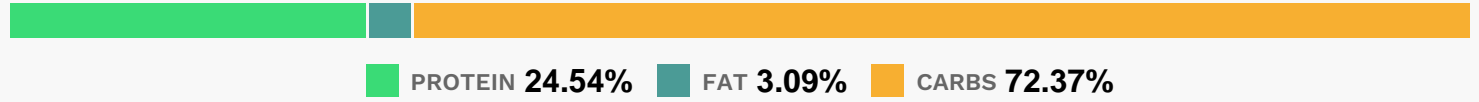
Equipment

- blender

Directions

- In a blender, combine banana, strawberries, milk and yogurt. Blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:64.01, Glycemic Load:7.6, Inflammation Score:-4, Nutrition Score:10.049565263416%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 135.66kcal (6.78%), Fat: 0.49g (0.75%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 23.65g (8.6%), Sugar: 18.85g (20.94%), Cholesterol: 3.49mg (1.16%), Sodium: 104.83mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Calcium: 285.39mg (28.54%), Phosphorus: 239.03mg (23.9%), Vitamin B2: 0.37mg (21.52%), Vitamin C: 16.74mg (20.29%), Potassium: 596.12mg (17.03%), Vitamin B12: 0.93µg (15.48%), Vitamin B6: 0.31mg (15.44%), Manganese: 0.24mg (11.78%), Magnesium: 44.72mg (11.18%), Vitamin B5: 1.09mg (10.92%), Zinc: 1.4mg (9.32%), Selenium: 5.56µg (7.94%), Folate: 30.54µg (7.64%), Fiber: 1.89g (7.58%), Vitamin B1: 0.1mg (6.66%), Copper: 0.07mg (3.62%), Vitamin B3: 0.65mg (3.25%), Vitamin D: 0.45µg (2.99%), Vitamin A: 131.16IU (2.62%), Iron: 0.33mg (1.83%)