

Breakfast smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 small banana ripe



140 g strawberries (or use a mix)



1 serving mineral water



1 serving runny honey

Equipment



food processor

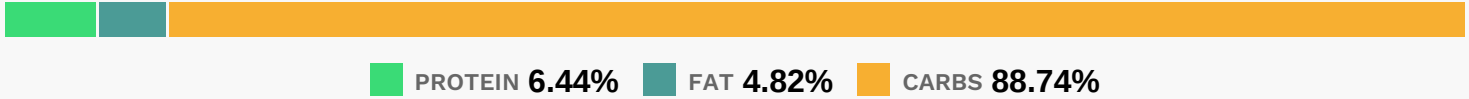


blender

Directions

☐ Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.

Nutrition Facts



Properties

Glycemic Index:132.05, Glycemic Load:15.69, Inflammation Score:-7, Nutrition Score:14.040434941002%

Flavonoids

Cyanidin: 139.93mg, Cyanidin: 139.93mg, Cyanidin: 139.93mg, Cyanidin: 139.93mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 58.04mg, Catechin: 58.04mg, Catechin: 58.04mg, Catechin: 58.04mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.54mg, Epicatechin: 6.54mg, Epicatechin: 6.54mg, Epicatechin: 6.54mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 171.37kcal (8.57%), Fat: 1.02g (1.57%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 32.19g (11.71%), Sugar: 24.9g (27.67%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 1.18mg (59.13%), Vitamin C: 38.22mg (46.33%), Fiber: 10.06g (40.24%), Vitamin K: 28.23µg (26.88%), Vitamin B6: 0.41mg (20.72%), Potassium: 592.02mg (16.91%), Copper: 0.31mg (15.61%), Magnesium: 55.41mg (13.85%), Folate: 55.34µg (13.84%), Vitamin E: 1.74mg (11.59%), Vitamin B3: 1.58mg (7.92%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 364.24IU (7.28%), Vitamin B2: 0.11mg (6.63%), Iron: 1.16mg (6.44%), Zinc: 0.91mg (6.06%), Phosphorus: 53.3mg (5.33%), Calcium: 46.21mg (4.62%), Vitamin B1: 0.06mg (3.95%), Selenium: 1.63µg (2.32%)