



## Cheerios® Smoothies

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup milk
- 1 cup corn flakes/bran flakes
- 1 banana ripe cut into chunks
- 1 cup ice cubes
- 1 slices banana

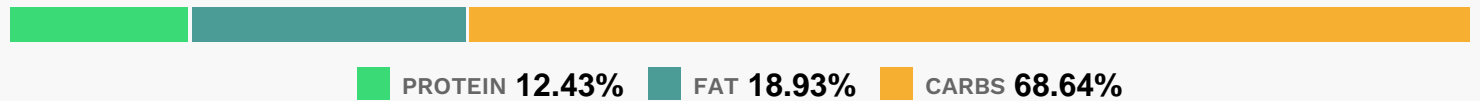
### Equipment

- blender

## Directions

- In blender, place milk, cereal, banana chunks and ice. Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Garnish with banana slices.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:109.9, Glycemic Load:18.57, Inflammation Score:-8, Nutrition Score:18.597391628701%

## Flavonoids

Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 198.43kcal (9.92%), Fat: 4.55g (6.99%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 31.67g (11.52%), Sugar: 17.76g (19.74%), Cholesterol: 14.64mg (4.88%), Sodium: 160.94mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Manganese: 0.9mg (44.97%), Folate: 146.8µg (36.7%), Vitamin B6: 0.66mg (33.02%), Iron: 5.77mg (32.08%), Vitamin B2: 0.5mg (29.25%), Vitamin B12: 1.66µg (27.65%), Vitamin B1: 0.35mg (23.27%), Phosphorus: 227.76mg (22.78%), Fiber: 5.4g (21.61%), Magnesium: 79.71mg (19.93%), Vitamin B3: 3.91mg (19.57%), Selenium: 13.49µg (19.27%), Calcium: 165.76mg (16.58%), Potassium: 529.46mg (15.13%), Vitamin A: 740.52IU (14.81%), Vitamin D: 2µg (13.35%), Zinc: 1.61mg (10.75%), Copper: 0.17mg (8.62%), Vitamin B5: 0.85mg (8.52%), Vitamin C: 5.83mg (7.07%), Vitamin E: 0.28mg (1.88%)