



## Cherry Banana Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 3 drops almond extract
- 1 banana cut in chunks
- 1 cup cherries frozen pitted
- 6 ice cubes
- 0.5 juice of lemon juiced
- 0.5 cup yogurt low-fat greek-style fage® (such as )

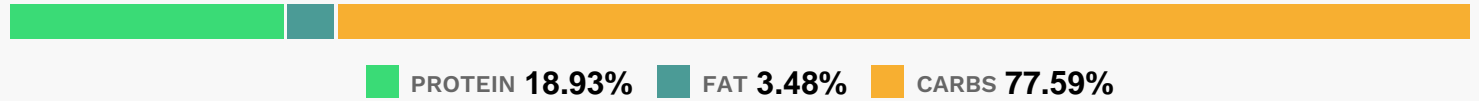
### Equipment

- blender

## Directions

- Place the cherries, banana, lemon juice, yogurt, ice cubes, and almond extract into a blender. Cover, and puree until smooth.
- Pour into glasses to serve.

## Nutrition Facts



## Properties

Glycemic Index:38.39, Glycemic Load:8.64, Inflammation Score:-3, Nutrition Score:6.3526086677676%

## Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 0.54g (0.82%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 23.84g (8.67%), Sugar: 17.87g (19.86%), Cholesterol: 2.5mg (0.83%), Sodium: 20.78mg (0.9%), Alcohol: 0.05g (100%), Alcohol %: 0.03% (100%), Protein: 6.55g (13.1%), Vitamin C: 12.87mg (15.59%), Vitamin B6: 0.29mg (14.29%), Potassium: 442.85mg (12.65%), Vitamin B2: 0.21mg (12.21%), Fiber: 3.01g (12.02%), Manganese: 0.21mg (10.67%), Phosphorus: 96.08mg (9.61%), Selenium: 5.55µg (7.92%), Magnesium: 29.91mg (7.48%), Calcium: 69.15mg (6.91%), Vitamin B12: 0.35µg (5.83%), Copper: 0.1mg (5.2%), Vitamin B5: 0.51mg (5.1%), Folate: 19.56µg (4.89%), Vitamin B1: 0.05mg (3.32%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.41mg (2.73%), Iron: 0.44mg (2.46%), Vitamin A: 84.37IU (1.69%), Vitamin K: 1.74µg (1.66%)