



## Cherry Blast

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 medium banana ripe sliced
- 6 oz cherry yogurt low-fat
- 1 cup ice cubes
- 2 cups milk cold

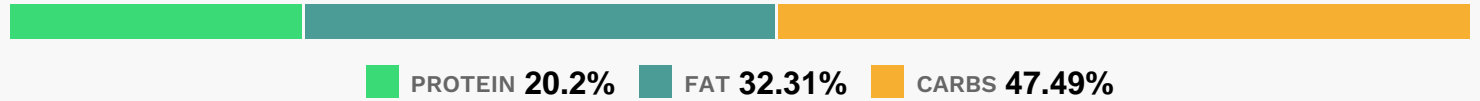
### Equipment

- blender

## Directions

- Place all ingredients in blender; cover. Blend on high speed 30 sec. or until thickened and smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.56, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:5.6317391356696%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 101kcal (5.05%), Fat: 3.73g (5.74%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 11.72g (4.26%), Sugar: 9.97g (11.08%), Cholesterol: 13.75mg (4.58%), Sodium: 63.5mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Calcium: 184.9mg (18.49%), Phosphorus: 152.76mg (15.28%), Vitamin B2: 0.22mg (13.22%), Vitamin B12: 0.72µg (11.96%), Potassium: 310.49mg (8.87%), Vitamin B6: 0.16mg (8.14%), Vitamin D: 1.07µg (7.16%), Vitamin B5: 0.64mg (6.44%), Magnesium: 24.34mg (6.09%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.74mg (4.95%), Selenium: 3.21µg (4.59%), Vitamin A: 190.57IU (3.81%), Manganese: 0.07mg (3.45%), Vitamin C: 2.33mg (2.82%), Fiber: 0.61g (2.45%), Folate: 8.46µg (2.12%), Copper: 0.03mg (1.57%), Vitamin B3: 0.3mg (1.49%)