



## Chocolate-Almond Banana Smoothie

READY IN



45 min.

SERVINGS



2

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 3 tablespoons almond butter
- 0.5 cup chocolate almond milk
- 1 cup banana frozen ripe sliced ( 1 large)
- 3 ice cubes
- 4 teaspoons chocolate-flavored malted milk powder

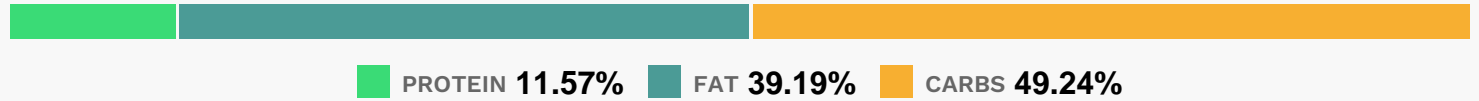
### Equipment

- blender

## Directions

- Place first 4 ingredients in a blender; process until smooth.
- Remove center cap from blender lid; secure lid on blender. With blender on, add ice cubes, 1 at a time through center of blender lid, processing until smooth.

## Nutrition Facts



## Properties

Glycemic Index:27.39, Glycemic Load:8.3, Inflammation Score:-6, Nutrition Score:17.025217387987%

## Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 402.62kcal (20.13%), Fat: 18.32g (28.18%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 47.12g (17.14%), Sugar: 30.28g (33.64%), Cholesterol: 10.08mg (3.36%), Sodium: 254.83mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Manganese: 0.81mg (40.67%), Vitamin E: 6.04mg (40.24%), Vitamin B2: 0.67mg (39.21%), Magnesium: 126.48mg (31.62%), Phosphorus: 288.78mg (28.88%), Calcium: 287.82mg (28.78%), Vitamin B6: 0.47mg (23.61%), Potassium: 766.38mg (21.9%), Fiber: 4.65g (18.61%), Copper: 0.37mg (18.5%), Vitamin B3: 3.46mg (17.3%), Vitamin B1: 0.25mg (16.35%), Folate: 47.04µg (11.76%), Selenium: 8.21µg (11.73%), Vitamin C: 7.74mg (9.39%), Zinc: 1.32mg (8.8%), Iron: 1.33mg (7.37%), Vitamin B5: 0.59mg (5.89%), Vitamin B12: 0.34µg (5.6%), Vitamin A: 142.32IU (2.85%), Vitamin K: 2.64µg (2.52%)