



Chocolate Banana Shake

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large banana
- ☐ 4 tablespoons liquid malt extract
- ☐ 4 cups milk cold

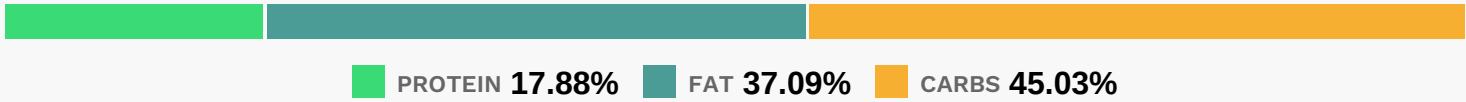
Equipment

- ☐ blender

Directions

- ☐
- In a blender, combine milk, malt powder and banana. Blend until smooth.
- ☐
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:8.09, Inflammation Score:-4, Nutrition Score:10.247826086438%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.2kcal (10.01%), Fat: 8.44g (12.99%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 22.17g (8.06%), Sugar: 18.5g (20.56%), Cholesterol: 30.6mg (10.2%), Sodium: 115.33mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Calcium: 318.21mg (31.82%), Phosphorus: 273.61mg (27.36%), Vitamin B2: 0.41mg (24.24%), Vitamin B12: 1.36µg (22.69%), Vitamin D: 2.68µg (17.89%), Potassium: 529.41mg (15.13%), Vitamin B6: 0.3mg (14.81%), Vitamin B1: 0.17mg (11.66%), Magnesium: 43.58mg (10.89%), Vitamin B5: 1.06mg (10.58%), Vitamin A: 429.36IU (8.59%), Selenium: 5.88µg (8.4%), Zinc: 1.11mg (7.37%), Manganese: 0.11mg (5.73%), Vitamin B3: 0.77mg (3.85%), Vitamin C: 3.12mg (3.78%), Fiber: 0.89g (3.56%), Folate: 9.33µg (2.33%), Copper: 0.04mg (2%), Vitamin E: 0.18mg (1.17%), Vitamin K: 1.2µg (1.14%)