



## Chocolate Banana Smoothie

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana
- 1 tablespoon chocolate syrup
- 1 cup ice cubes crushed
- 1 cup milk

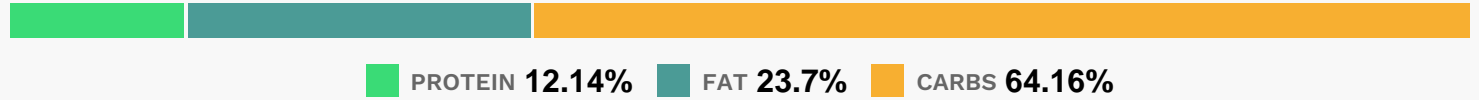
### Equipment

- blender

## Directions

- In a blender, combine banana, chocolate syrup, milk and crushed ice. Blend until smooth.
- Pour into glasses and serve.

## Nutrition Facts



## Properties

Glycemic Index:92.78, Glycemic Load:17.39, Inflammation Score:-6, Nutrition Score:14.262608486673%

## Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 307.22kcal (15.36%), Fat: 8.42g (12.96%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 47.73g (17.36%), Sugar: 36.06g (40.07%), Cholesterol: 29.28mg (9.76%), Sodium: 120.13mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Calcium: 315.92mg (31.59%), Phosphorus: 298.2mg (29.82%), Vitamin B6: 0.58mg (29.15%), Vitamin B2: 0.43mg (25.46%), Potassium: 833.24mg (23.81%), Vitamin B12: 1.32µg (21.96%), Manganese: 0.4mg (20.24%), Magnesium: 76.51mg (19.13%), Vitamin D: 2.68µg (17.89%), Fiber: 3.59g (14.35%), Vitamin B5: 1.31mg (13.07%), Vitamin C: 10.31mg (12.49%), Copper: 0.23mg (11.74%), Vitamin B1: 0.17mg (11.67%), Vitamin A: 470.8IU (9.42%), Zinc: 1.35mg (8.98%), Selenium: 6.1µg (8.71%), Folate: 24µg (6%), Vitamin B3: 1.11mg (5.53%), Iron: 0.73mg (4.05%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.42µg (1.35%)