



Chocolate-Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 medium banana frozen sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup milk low-fat
- ☐ 0.8 cup vanilla yogurt low-fat
- ☐ 2 tablespoons cocoa powder unsweetened

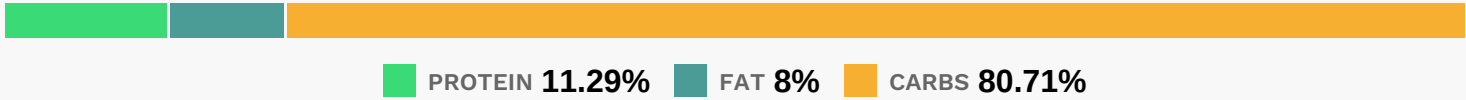
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender and blend until smooth.
- ☐ Pour into glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.53, Glycemic Load:24.1, Inflammation Score:-6, Nutrition Score:15.605217539746%

Flavonoids

Catechin: 14.04mg, Catechin: 14.04mg, Catechin: 14.04mg, Catechin: 14.04mg Epicatechin: 9.86mg, Epicatechin: 9.86mg, Epicatechin: 9.86mg, Epicatechin: 9.86mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 304.31kcal (15.22%), Fat: 2.98g (4.58%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 61.17g (22.24%), Sugar: 45.91g (51.01%), Cholesterol: 7.54mg (2.51%), Sodium: 86.89mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 9.46g (18.93%), Vitamin B6: 0.73mg (36.74%), Manganese: 0.68mg (34.18%), Potassium: 1010.14mg (28.86%), Phosphorus: 260.86mg (26.09%), Fiber: 6.47g (25.89%), Calcium: 247.33mg (24.73%), Vitamin B2: 0.41mg (24.27%), Magnesium: 94.73mg (23.68%), Vitamin C: 16.19mg (19.62%), Copper: 0.34mg (17.19%), Vitamin B12: 0.85µg (14.11%), Vitamin B5: 1.33mg (13.31%), Folate: 48.5µg (12.12%), Selenium: 8.31µg (11.87%), Zinc: 1.65mg (10.97%), Vitamin B1: 0.13mg (8.73%), Vitamin B3: 1.46mg (7.32%), Iron: 1.26mg (7.02%), Vitamin A: 268.43IU (5.37%), Vitamin D: 0.65µg (4.33%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.16µg (1.11%)