



Chocolate-Banana Smoothies

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 cups banana frozen sliced (2 large)
- 1.3 cups ice-cream chocolate shell low-fat
- 4 cups chocolate milk 1% low-fat

Equipment

- blender

Directions

Combine all ingredients in a blender. Process until smooth, stopping once to scrape down sides.

Serve immediately.

Nutrition Facts

PROTEIN 13.29% **FAT 21.1%** **CARBS 65.61%**

Properties

Glycemic Index:17.46, Glycemic Load:9.49, Inflammation Score:-5, Nutrition Score:9.5769564859245%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 214.53kcal (10.73%), Fat: 5.24g (8.06%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 34.85g (12.67%), Sugar: 30.12g (33.46%), Cholesterol: 18.31mg (6.1%), Sodium: 131.13mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin B2: 0.51mg (29.71%), Calcium: 249.47mg (24.95%), Phosphorus: 202.39mg (20.24%), Potassium: 538.71mg (15.39%), Manganese: 0.3mg (15.22%), Vitamin B6: 0.28mg (13.9%), Vitamin D: 1.89µg (12.61%), Magnesium: 43.67mg (10.92%), Vitamin A: 480.69IU (9.61%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.47µg (7.81%), Fiber: 1.82g (7.27%), Zinc: 0.96mg (6.41%), Vitamin C: 5.22mg (6.33%), Selenium: 4.4µg (6.29%), Copper: 0.13mg (6.26%), Vitamin B1: 0.08mg (5.3%), Folate: 19.69µg (4.92%), Iron: 0.79mg (4.37%), Vitamin B3: 0.61mg (3.03%)