



## Chocolate-Cherry-Banana Breakfast Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 3 small banana frozen (peel before you freeze)
- 2 cups cherries dark sweet frozen
- 2 cups soymilk

### Equipment

- blender

### Directions

Place all ingredients in a blender. Blend on puree (or the highest setting) until smooth, about 30 seconds.

Pour into glasses and serve.

## Nutrition Facts

**PROTEIN 11.54%** **FAT 14.13%** **CARBS 74.33%**

### Properties

Glycemic Index:27.55, Glycemic Load:11.69, Inflammation Score:-6, Nutrition Score:12.303043344746%

### Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 7.63mg, Catechin: 7.63mg, Catechin: 7.63mg, Catechin: 7.63mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

### Nutrients (% of daily need)

Calories: 163.99kcal (8.2%), Fat: 2.74g (4.21%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 28.49g (10.36%), Sugar: 21.06g (23.4%), Cholesterol: 0mg (0%), Sodium: 59.76mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin B6: 0.59mg (29.34%), Vitamin C: 19.92mg (24.14%), Vitamin B3: 4.49mg (22.47%), Vitamin B12: 1.27µg (21.24%), Vitamin E: 3.1mg (20.65%), Vitamin B2: 0.31mg (18.41%), Calcium: 177.96mg (17.8%), Potassium: 590.74mg (16.88%), Fiber: 3.89g (15.56%), Folate: 55.67µg (13.92%), Manganese: 0.25mg (12.64%), Copper: 0.25mg (12.28%), Vitamin A: 556.38IU (11.13%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.12mg (7.68%), Magnesium: 28.04mg (7.01%), Iron: 1.02mg (5.69%), Selenium: 3.47µg (4.96%), Vitamin B5: 0.39mg (3.9%), Phosphorus: 31.16mg (3.12%), Zinc: 0.45mg (2.97%), Vitamin K: 1.83µg (1.74%)