



Chocolate Lover's Smoothie (Vegan, Gluten-Free)



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 oz almond chocolate flavor
- ☐ 2 Tbsp almonds blue diamond®
- ☐ 0.5 banana
- ☐ 3 ice cubes
- ☐ 1 Tbsp maple syrup pure
- ☐ 1 Tbsp protein powder
- ☐ 1 tsp cocoa powder unsweetened

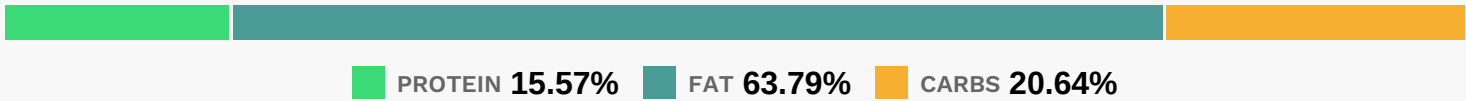
Equipment

☐ blender

Directions

- ☐ Place all ingredients in a blender and blend on high speed until smooth.
- ☐ Serve chilled and garnish with low fat whipped topping, if desired, for a festive touch.

Nutrition Facts



Properties

Glycemic Index:135.28, Glycemic Load:13.51, Inflammation Score:-10, Nutrition Score:45.045652236627%

Flavonoids

Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg Epigallocatechin: 4.92mg, Epigallocatechin: 4.92mg, Epigallocatechin: 4.92mg, Epigallocatechin: 4.92mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 1265.45kcal (63.27%), Fat: 96.12g (147.88%), Saturated Fat: 7.6g (47.53%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 44.3g (16.11%), Sugar: 28.4g (31.56%), Cholesterol: 23.33mg (7.78%), Sodium: 27.6mg (1.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.81g (105.61%), Vitamin E: 48.72mg (324.83%), Manganese: 5mg (250.07%), Vitamin B2: 2.47mg (145.09%), Magnesium: 545.8mg (136.45%), Fiber: 25.67g (102.66%), Copper: 2.05mg (102.43%), Phosphorus: 974.82mg (97.48%), Calcium: 584.39mg (58.44%), Potassium: 1706.83mg (48.77%), Iron: 8.3mg (46.12%), Zinc: 6.23mg (41.55%), Vitamin B3: 7.31mg (36.56%), Vitamin B1: 0.42mg (28.13%), Folate: 95.76µg (23.94%), Vitamin B6: 0.48mg (23.91%), Selenium: 8.53µg (12.18%), Vitamin B5: 1.09mg (10.91%), Vitamin C: 5.13mg (6.22%), Vitamin A: 76.99IU (1.54%)