



Chocolate, Peanut Butter & Banana Milkshake

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients

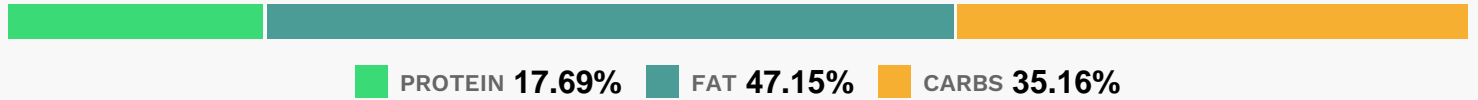
- 1 medium banana mashed
- 2 Tbsp creamy peanut butter
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 4 cups milk cold

Equipment

Directions

- Place all ingredients in large pitcher with tight-fitting lid; cover. Shake vigorously 1 minute or until well blended.
- Pour into 4 glasses.
- Serve immediately. (
- Mixture thickens as it stands. Thin with additional milk, if desired.)

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:6.23, Inflammation Score:-4, Nutrition Score:8.6239130782044%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.09kcal (8.85%), Fat: 9.6g (14.77%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.17g (5.52%), Sugar: 13.08g (14.53%), Cholesterol: 23.42mg (7.81%), Sodium: 104.73mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Calcium: 244.44mg (24.44%), Phosphorus: 224.18mg (22.42%), Vitamin B2: 0.3mg (17.58%), Vitamin B12: 1.05µg (17.57%), Vitamin D: 2.15µg (14.31%), Potassium: 413.86mg (11.82%), Vitamin B6: 0.23mg (11.71%), Magnesium: 40.7mg (10.18%), Vitamin B5: 0.87mg (8.75%), Vitamin B1: 0.13mg (8.37%), Manganese: 0.17mg (8.3%), Zinc: 1mg (6.66%), Vitamin A: 331.33IU (6.63%), Vitamin B3: 1.21mg (6.07%), Selenium: 4.21µg (6.02%), Vitamin E: 0.7mg (4.7%), Fiber: 0.93g (3.71%), Folate: 10.23µg (2.56%), Vitamin C: 2.05mg (2.49%), Copper: 0.05mg (2.4%)