



# Chocolate-Peanut Butter-Banana Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 2 cups soymilk light
- 2 tablespoons creamy peanut butter
- 1 large banana frozen

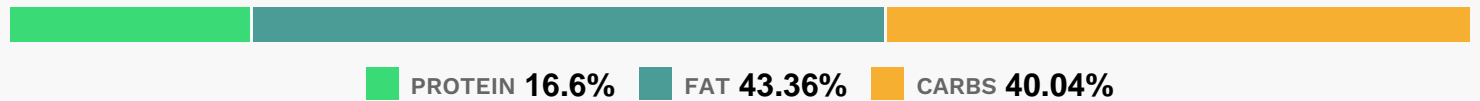
## Equipment

- food processor
- blender

## Directions

- Cut banana into 1-inch chunks.
- Place banana and remaining ingredients in blender or food processor. Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:51.1, Glycemic Load:10.32, Inflammation Score:-8, Nutrition Score:20.924782623415%

## Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 262.24kcal (13.11%), Fat: 13.1g (20.15%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 23.73g (8.63%), Sugar: 15.95g (17.72%), Cholesterol: 0mg (0%), Sodium: 187.32mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin B3: 10.35mg (51.75%), Vitamin E: 7.47mg (49.82%), Vitamin B6: 0.87mg (43.52%), Vitamin B12: 2.55µg (42.48%), Calcium: 341.64mg (34.16%), Vitamin B2: 0.55mg (32.34%), Vitamin C: 22.91mg (27.77%), Folate: 102.88µg (25.72%), Manganese: 0.42mg (20.91%), Copper: 0.41mg (20.53%), Vitamin A: 971IU (19.42%), Potassium: 666.44mg (19.04%), Vitamin D: 2.83µg (18.88%), Fiber: 3.48g (13.92%), Vitamin B1: 0.19mg (12.63%), Magnesium: 45.4mg (11.35%), Selenium: 6.76µg (9.66%), Iron: 1.61mg (8.94%), Zinc: 1.07mg (7.17%), Phosphorus: 69.2mg (6.92%), Vitamin B5: 0.4mg (3.97%)