



Chocolate-Peanut Butter Smoothie

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana frozen ripe sliced
- ☐ 2 tablespoons chocolate syrup
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.5 cup milk 1% low-fat
- ☐ 8 ounce vanilla yogurt low-fat

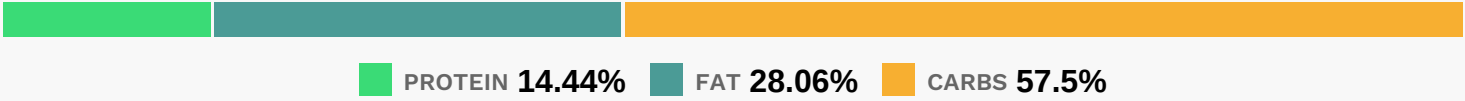
Equipment

- ☐ blender

Directions

☐ Place all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:6.92, Inflammation Score:-5, Nutrition Score:13.198260859303%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 325.59kcal (16.28%), Fat: 10.57g (16.27%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 45.93g (16.7%), Sugar: 37.38g (41.54%), Cholesterol: 8.62mg (2.87%), Sodium: 181.48mg (7.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Phosphorus: 306.88mg (30.69%), Calcium: 281.84mg (28.18%), Manganese: 0.48mg (23.83%), Vitamin B2: 0.39mg (23.19%), Magnesium: 81.19mg (20.3%), Potassium: 688.41mg (19.67%), Vitamin B6: 0.38mg (18.76%), Vitamin B12: 0.96µg (16.02%), Vitamin B3: 2.77mg (13.86%), Zinc: 1.84mg (12.24%), Vitamin B5: 1.21mg (12.08%), Selenium: 8.32µg (11.89%), Copper: 0.23mg (11.55%), Fiber: 2.82g (11.29%), Vitamin E: 1.56mg (10.37%), Folate: 39.61µg (9.9%), Vitamin B1: 0.12mg (8.23%), Vitamin C: 6.08mg (7.37%), Iron: 0.93mg (5.18%), Vitamin D: 0.65µg (4.33%), Vitamin A: 202.16IU (4.04%)