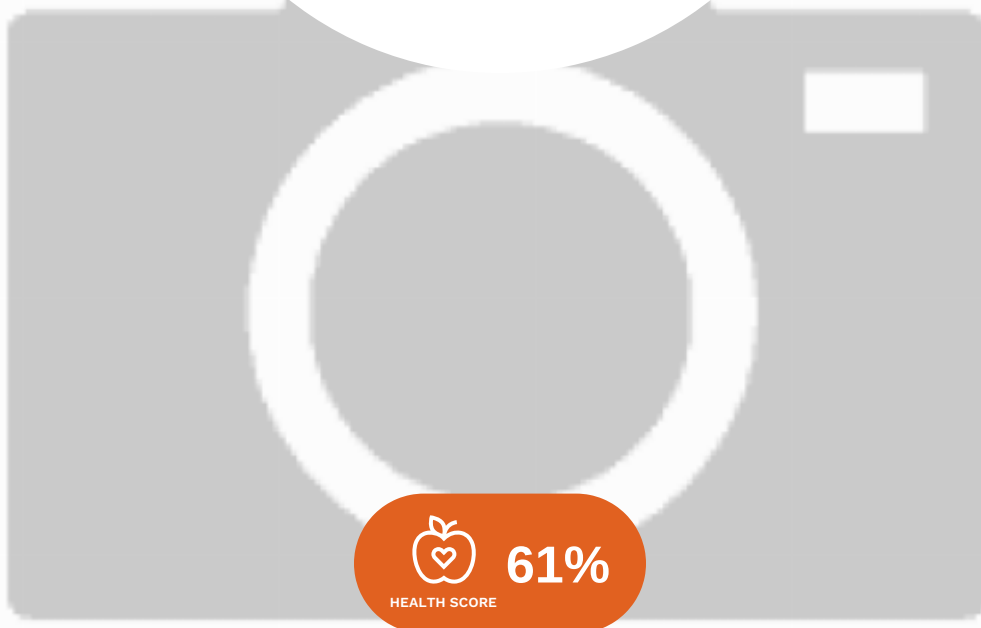




Chocolate, Strawberry, and Banana Smoothie



Vegetarian



Gluten Free



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



442 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup banana chunks frozen
- ☐ 1 teaspoon chia seeds
- ☐ 1 tablespoon ground flax seed
- ☐ 1 cup yogurt plain greek-style
- ☐ 1 cup chocolate soy milk
- ☐ 0.5 cup strawberries

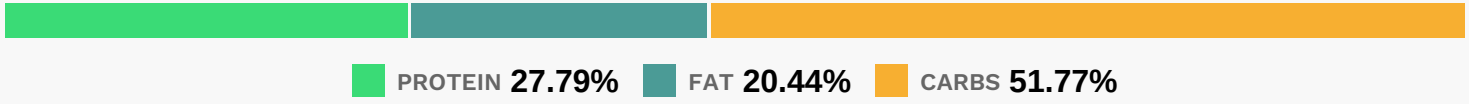
Equipment

- ☐ blender

Directions

Blend soy milk, yogurt, bananas, strawberries, flax seed, and chia seeds in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:160.19, Glycemic Load:20.67, Inflammation Score:-9, Nutrition Score:37.343913026478%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 11.39mg, Catechin: 11.39mg, Catechin: 11.39mg, Catechin: 11.39mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 441.56kcal (22.08%), Fat: 10.33g (15.89%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 49.29g (17.92%), Sugar: 34.44g (38.27%), Cholesterol: 10mg (3.33%), Sodium: 194.96mg (8.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.2%), Vitamin C: 72.48mg (87.86%), Vitamin B2: 1.18mg (69.12%), Vitamin B12: 3.95µg (65.81%), Vitamin B6: 1.3mg (64.77%), Calcium: 614.51mg (61.45%), Vitamin B3: 10.04mg (50.18%), Manganese: 0.98mg (49.18%), Selenium: 31µg (44.29%), Vitamin E: 6.37mg (42.45%), Phosphorus: 401.62mg (40.16%), Fiber: 9.57g (38.28%), Potassium: 1335.11mg (38.15%), Folate: 144.85µg (36.21%), Copper: 0.6mg (29.91%), Magnesium: 112.7mg (28.17%), Vitamin B1: 0.39mg (26.25%), Vitamin A: 1042.28IU (20.85%), Vitamin D: 2.83µg (18.88%), Zinc: 2.44mg (16.26%), Iron: 2.69mg (14.95%), Vitamin B5: 1.32mg (13.22%), Vitamin K: 2.63µg (2.51%)