



Chocolate Strawberry Banana Milkshake



Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



130 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 banana ripe
- ☐ 1 cup milk low-fat
- ☐ 2 tablespoons powdered chocolate drink mix
- ☐ 0.5 cup strawberries unsweetened frozen
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons sugar white

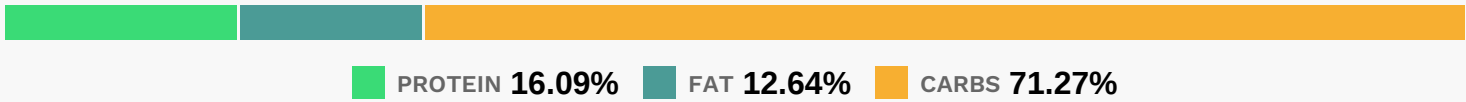
Equipment

- ☐ blender

Directions

☐ In a blender combine milk, frozen strawberries, 1/2 banana, chocolate milk powder, vanilla and sugar. Blend until smooth. If consistency is too runny, you may add more strawberries.

Nutrition Facts



Properties

Glycemic Index:82.43, Glycemic Load:6.87, Inflammation Score:-4, Nutrition Score:8.2534781590752%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 130.34kcal (6.52%), Fat: 1.86g (2.87%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.15g (8.05%), Sugar: 17.95g (19.94%), Cholesterol: 7.22mg (2.41%), Sodium: 69.08mg (3%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 5.34g (10.68%), Vitamin C: 23.89mg (28.96%), Calcium: 172.46mg (17.25%), Phosphorus: 156.42mg (15.64%), Vitamin B2: 0.25mg (14.53%), Vitamin B12: 0.76µg (12.73%), Manganese: 0.24mg (11.88%), Potassium: 391.56mg (11.19%), Vitamin B6: 0.22mg (10.94%), Vitamin D: 1.3µg (8.65%), Magnesium: 32.04mg (8.01%), Vitamin B1: 0.11mg (7.53%), Vitamin B5: 0.6mg (6.04%), Fiber: 1.49g (5.97%), Selenium: 3.84µg (5.49%), Vitamin A: 266.8IU (5.34%), Folate: 19.43µg (4.86%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.76mg (3.81%), Copper: 0.05mg (2.67%), Iron: 0.27mg (1.48%), Vitamin K: 1.35µg (1.29%), Vitamin E: 0.18mg (1.18%)