



Chocolate Strawberry Smoothie

 Gluten Free

READY IN



2 min.

SERVINGS



2

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas frozen
- ☐ 2 tablespoons chocolate syrup
- ☐ 1 cup yogurt plain
- ☐ 0.5 cup strawberries frozen

Equipment

- ☐ blender

Directions

☐ In a blender combine bananas, strawberries, chocolate syrup and yogurt. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:56.89, Glycemic Load:14.96, Inflammation Score:-5, Nutrition Score:11.760869645554%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, 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, Peonidin: 0.02mg Catechin: 8.32mg, Catechin: 8.32mg, Catechin: 8.32mg, Catechin: 8.32mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg 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: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 247.07kcal (12.35%), Fat: 4.7g (7.24%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 44.09g (16.03%), Sugar: 31.79g (35.33%), Cholesterol: 15.93mg (5.31%), Sodium: 72.29mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin C: 32.09mg (38.89%), Manganese: 0.54mg (26.94%), Vitamin B6: 0.49mg (24.52%), Potassium: 712.2mg (20.35%), Phosphorus: 176.77mg (17.68%), Fiber: 4.31g (17.23%), Vitamin B2: 0.28mg (16.35%), Calcium: 162.68mg (16.27%), Magnesium: 64.24mg (16.06%), Copper: 0.22mg (11.14%), Folate: 41.22µg (10.3%), Vitamin B5: 0.92mg (9.18%), Vitamin B12: 0.45µg (7.55%), Zinc: 1.1mg (7.31%), Selenium: 4.3µg (6.14%), Vitamin B1: 0.08mg (5.5%), Vitamin B3: 1.08mg (5.4%), Iron: 0.94mg (5.21%), Vitamin A: 201.12IU (4.02%), Vitamin E: 0.3mg (2%), Vitamin K: 1.73µg (1.64%)