



## Chocopeanutbanana Smoothie

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana sliced
- 2 tablespoons chocolate syrup
- 2 tablespoons peanut butter
- 0.5 cup skim milk

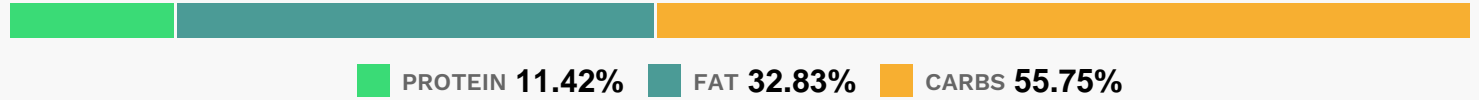
### Equipment

- blender

## Directions

- Blend the banana, skim milk, peanut butter, and chocolate syrup in a blender until smooth.
- Pour into a glass to serve.

## Nutrition Facts



## Properties

Glycemic Index:102.03, Glycemic Load:15.83, Inflammation Score:-7, Nutrition Score:17.5530434199%

## Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 449.31kcal (22.47%), Fat: 17.29g (26.6%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 60.43g (21.97%), Sugar: 43.8g (48.67%), Cholesterol: 3.67mg (1.23%), Sodium: 217.49mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Manganese: 0.94mg (47.21%), Vitamin B6: 0.65mg (32.43%), Phosphorus: 317.11mg (31.71%), Magnesium: 126.64mg (31.66%), Vitamin B3: 5.31mg (26.57%), Potassium: 897.09mg (25.63%), Fiber: 5.64g (22.58%), Copper: 0.43mg (21.68%), Vitamin E: 3.04mg (20.27%), Vitamin B2: 0.33mg (19.28%), Calcium: 188.88mg (18.89%), Folate: 54.37µg (13.59%), Vitamin C: 10.35mg (12.54%), Zinc: 1.83mg (12.22%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.18mg (11.76%), Vitamin B1: 0.15mg (10.2%), Iron: 1.7mg (9.47%), Vitamin D: 1.35µg (8.98%), Selenium: 5.5µg (7.86%), Vitamin A: 325.42IU (6.51%)