



Cinnamon Bun Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana whole cold
- ☐ 0.5 tsp cinnamon
- ☐ 1 cup plant-based milk
- ☐ 0.3 tsp vanilla extract

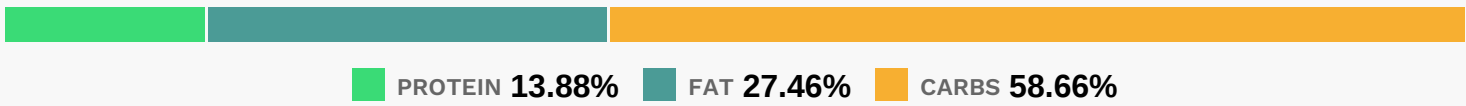
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender, whizzing until smooth.
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber5gSugars NA Protein7g

Nutrition Facts



Properties

Glycemic Index:97.78, Glycemic Load:17.4, Inflammation Score:-5, Nutrition Score:13.888695452524%

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: 257.65kcal (12.88%), Fat: 8.21g (12.64%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 35.72g (12.99%), Sugar: 26.29g (29.21%), Cholesterol: 29.28mg (9.76%), Sodium: 94.12mg (4.09%), Alcohol: 0.36g (100%), Alcohol %: 0.13% (100%), Protein: 9.34g (18.68%), Calcium: 319.16mg (31.92%), Vitamin B6: 0.58mg (29.21%), Manganese: 0.56mg (27.89%), Phosphorus: 273.3mg (27.33%), Vitamin B2: 0.42mg (24.96%), Potassium: 795.6mg (22.73%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Magnesium: 62.05mg (15.51%), Fiber: 3.76g (15.03%), Vitamin B5: 1.31mg (13.09%), Vitamin C: 10.32mg (12.5%), Vitamin B1: 0.17mg (11.57%), Vitamin A: 474.64IU (9.49%), Selenium: 5.86µg (8.37%), Zinc: 1.2mg (8.02%), Folate: 23.68µg (5.92%), Vitamin B3: 1.06mg (5.31%), Copper: 0.1mg (4.98%), Iron: 0.42mg (2.31%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.73µg (1.65%)