



CJ's Epic Strawberry Banana Smoovie

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- 3 bananas frozen cut into small chunks
- 2 cups ice cubes
- 1 cup skim milk
- 6 strawberries fresh sliced
- 1 teaspoon vanilla extract pure
- 2 tablespoons whipped dairy topping to taste
- 0.3 cup sugar white to taste


Equipment

blender

Directions

Put ice in a blender; add bananas, milk, sugar, strawberries, and vanilla extract. Blend until smooth. Top with whipped topping; blend again until smooth.

Nutrition Facts

 **PROTEIN 7.65%**  **FAT 3.86%**  **CARBS 88.49%**

Properties

Glycemic Index:49.53, Glycemic Load:19.92, Inflammation Score:-4, Nutrition Score:7.1526086485904%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 5.96mg, Catechin: 5.96mg, Catechin: 5.96mg, Catechin: 5.96mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.4kcal (8.07%), Fat: 0.73g (1.12%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 35g (12.73%), Sugar: 27.9g (31%), Cholesterol: 1.88mg (0.63%), Sodium: 33.93mg (1.48%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 3.25g (6.51%), Vitamin C: 18.28mg (22.16%), Vitamin B6: 0.37mg (18.47%), Manganese: 0.31mg (15.65%), Potassium: 450.66mg (12.88%), Fiber: 2.66g (10.64%), Calcium: 93.54mg (9.35%), Phosphorus: 91.05mg (9.11%), Vitamin B2: 0.15mg (9.07%), Magnesium: 35.05mg (8.76%), Vitamin B12: 0.36µg (6%), Folate: 23.31µg (5.83%), Vitamin B5: 0.54mg (5.37%), Copper: 0.1mg (4.98%), Vitamin D: 0.67µg (4.49%), Vitamin B1: 0.07mg (4.44%), Vitamin A: 185.41IU (3.71%), Vitamin B3: 0.74mg (3.68%), Selenium: 2.31µg (3.3%), Zinc: 0.45mg (3%), Iron: 0.31mg (1.74%), Vitamin E: 0.15mg (1.01%)