



Coconut Milk Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 banana ripe
- ☐ 10 ounce blueberries frozen
- ☐ 2 tablespoons honey
- ☐ 1 cup yogurt plain
- ☐ 1 cup coconut milk unsweetened

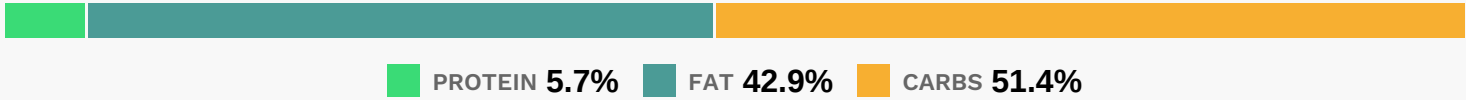
Equipment

- ☐ blender

Directions

- ☐ In a blender, puree the blueberries, bananas, yogurt, coconut milk, and honey.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:18.28, Inflammation Score:-5, Nutrition Score:11.864782671566%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Petunidin: 22.35mg, Petunidin: 22.35mg, Petunidin: 22.35mg, Petunidin: 22.35mg Delphinidin: 25.11mg, Delphinidin: 25.11mg, Delphinidin: 25.11mg, Delphinidin: 25.11mg Malvidin: 47.9mg, Malvidin: 47.9mg, Malvidin: 47.9mg, Malvidin: 47.9mg Peonidin: 14.38mg, Peonidin: 14.38mg, Peonidin: 14.38mg, Peonidin: 14.38mg Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 326.45kcal (16.32%), Fat: 16.8g (25.84%), Saturated Fat: 14.06g (87.89%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 39.94g (14.52%), Sugar: 31.33g (34.82%), Cholesterol: 7.96mg (2.65%), Sodium: 39.19mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Manganese: 1.04mg (51.88%), Fiber: 5.34g (21.37%), Vitamin B6: 0.4mg (20.18%), Vitamin C: 16.61mg (20.14%), Potassium: 629.6mg (17.99%), Phosphorus: 146.58mg (14.66%), Magnesium: 57.91mg (14.48%), Copper: 0.28mg (13.92%), Vitamin K: 14.3µg (13.62%), Vitamin B2: 0.18mg (10.86%), Calcium: 93.02mg (9.3%), Folate: 36.05µg (9.01%), Selenium: 6.11µg (8.72%), Iron: 1.49mg (8.26%), Vitamin B5: 0.74mg (7.39%), Vitamin B3: 1.4mg (7%), Zinc: 1.03mg (6.88%), Vitamin B1: 0.09mg (5.8%), Vitamin E: 0.62mg (4.13%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 155.55IU (3.11%)