



Coconut, Strawberry, and Banana Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 medium banana diced peeled
- ☐ 0.8 cup cream of coconut sweetened canned (such as Coco López)
- ☐ 4 servings strawberries fresh
- ☐ 15 ounce strawberries unsweetened frozen
- ☐ 0.8 cup milk whole

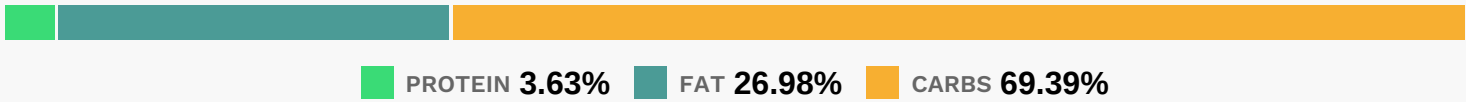
Equipment

- ☐ blender

Directions

- Place first 4 ingredients in blender. Cover; blend until smooth, stopping to scrape down sides. Divide smoothie among 4 glasses; garnish with strawberries.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:9.76, Inflammation Score:-7, Nutrition Score:14.255217407061%

Flavonoids

Cyanidin: 4.21mg, Cyanidin: 4.21mg, Cyanidin: 4.21mg, Cyanidin: 4.21mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 62.2mg, Pelargonidin: 62.2mg, Pelargonidin: 62.2mg, Pelargonidin: 62.2mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 374.12kcal (18.71%), Fat: 11.56g (17.79%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 66.94g (22.31%), Net Carbohydrates: 59.31g (21.57%), Sugar: 55.04g (61.16%), Cholesterol: 5.49mg (1.83%), Sodium: 47.93mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin C: 149.75mg (181.51%), Manganese: 1.05mg (52.38%), Fiber: 7.62g (30.49%), Folate: 65.97µg (16.49%), Potassium: 557.21mg (15.92%), Vitamin B6: 0.25mg (12.69%), Magnesium: 46mg (11.5%), Phosphorus: 112.77mg (11.28%), Calcium: 97.8mg (9.78%), Vitamin B2: 0.14mg (8.22%), Copper: 0.14mg (7.18%), Vitamin B1: 0.09mg (6.32%), Iron: 1.1mg (6.13%), Vitamin B3: 1.21mg (6.05%), Vitamin B5: 0.58mg (5.82%), Vitamin K: 5.79µg (5.52%), Vitamin E: 0.78mg (5.19%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.58mg (3.88%), Vitamin D: 0.5µg (3.36%), Selenium: 2.17µg (3.09%), Vitamin A: 123.03IU (2.46%)