

Colombian Banana Drink (Jugo de Banano en Leche)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



207 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large bananas ripe peeled cut into chunks
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 cup ice cubes crushed
- ☐ 1 cup milk
- ☐ 1.5 teaspoon sugar
- ☐ 0.3 teaspoon vanilla extract

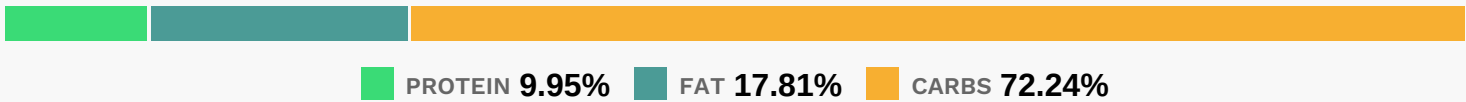
Equipment

☐ blender

Directions

- ☐ Place all the ingredients in a blender until smooth.
- ☐ Serve immediately and enjoy.

Nutrition Facts



Properties

Glycemic Index:83.93, Glycemic Load:19.31, Inflammation Score:-5, Nutrition Score:10.007826136506%

Flavonoids

Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 207.48kcal (10.37%), Fat: 4.36g (6.71%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 36.25g (13.18%), Sugar: 25.52g (28.36%), Cholesterol: 14.64mg (4.88%), Sodium: 49.28mg (2.14%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 5.49g (10.98%), Vitamin B6: 0.57mg (28.69%), Manganese: 0.39mg (19.54%), Potassium: 671.11mg (19.17%), Calcium: 158.83mg (15.88%), Vitamin B2: 0.27mg (15.81%), Phosphorus: 153.23mg (15.32%), Fiber: 3.59g (14.36%), Vitamin C: 11.84mg (14.35%), Magnesium: 51.78mg (12.94%), Vitamin B12: 0.66µg (10.98%), Vitamin B5: 0.91mg (9.1%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.11mg (7.37%), Folate: 27.21µg (6.8%), Vitamin A: 284.98IU (5.7%), Copper: 0.11mg (5.65%), Selenium: 3.7µg (5.28%), Vitamin B3: 1.04mg (5.18%), Zinc: 0.71mg (4.73%), Iron: 0.36mg (2.02%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.08µg (1.03%)