



Don't Knock it Until You Try it Zucchini Chocolate Banana Nut Milkshake



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



299 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 large bananas frozen ripe peeled
- ☐ 2 tablespoons cocoa powder
- ☐ 1 cup half and half
- ☐ 0.3 cup peanuts chopped
- ☐ 0.5 cup sugar
- ☐ 1 cup zucchini frozen grated

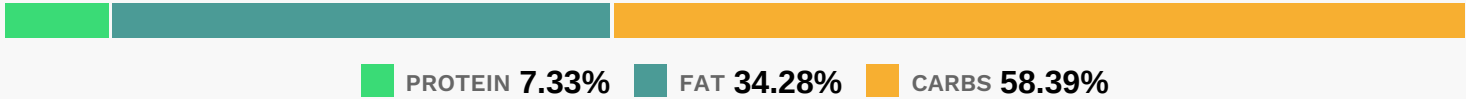
Equipment

☐ food processor

Directions

☐ Blend the zucchini, bananas, cocoa powder, peanuts, sugar, and half and half in a food processor until smooth, thick, and creamy.

Nutrition Facts



Properties

Glycemic Index:38.53, Glycemic Load:25.16, Inflammation Score:-5, Nutrition Score:9.5660869712415%

Flavonoids

Catechin: 5.77mg, Catechin: 5.77mg, Catechin: 5.77mg, Catechin: 5.77mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 299.01kcal (14.95%), Fat: 12.23g (18.81%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 42.99g (15.63%), Sugar: 36.56g (40.63%), Cholesterol: 21.17mg (7.06%), Sodium: 42.85mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 5.89g (11.77%), Manganese: 0.58mg (28.84%), Vitamin B6: 0.37mg (18.25%), Fiber: 3.87g (15.48%), Magnesium: 59.62mg (14.91%), Potassium: 510.6mg (14.59%), Vitamin C: 12.01mg (14.56%), Phosphorus: 137.97mg (13.8%), Vitamin B2: 0.22mg (12.9%), Copper: 0.25mg (12.68%), Folate: 45.56µg (11.39%), Vitamin B3: 2.17mg (10.83%), Calcium: 86.22mg (8.62%), Vitamin B1: 0.12mg (7.78%), Vitamin A: 319.69IU (6.39%), Vitamin B5: 0.63mg (6.33%), Iron: 1.04mg (5.77%), Selenium: 3.84µg (5.49%), Zinc: 0.8mg (5.36%), Vitamin K: 2.52µg (2.4%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.26mg (1.73%)