



Easy Strawberry-Banana Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 oz strawberry yogurt fat free
- ☐ 1.5 cups skim milk
- ☐ 1 cup strawberries fresh unsweetened frozen
- ☐ 1 cup banana sliced

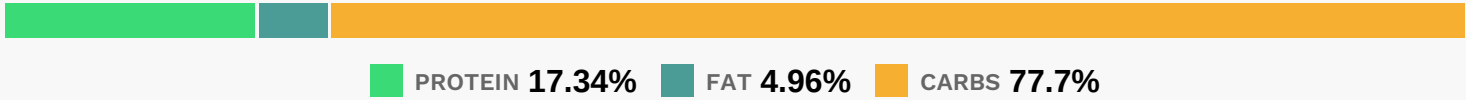
Equipment

- ☐ blender

Directions

- ☐ In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 2 glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.01, Glycemic Load:12.92, Inflammation Score:-6, Nutrition Score:15.413043395333%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.81mg, Catechin: 6.81mg, Catechin: 6.81mg, Catechin: 6.81mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 239.01kcal (11.95%), Fat: 1.38g (2.12%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 44.89g (16.33%), Sugar: 36.58g (40.64%), Cholesterol: 13.17mg (4.39%), Sodium: 123.58mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.67%), Vitamin C: 48.86mg (59.23%), Calcium: 349.67mg (34.97%), Phosphorus: 296.73mg (29.67%), Vitamin B2: 0.46mg (27.32%), Vitamin B12: 1.51µg (25.13%), Manganese: 0.49mg (24.3%), Potassium: 836.06mg (23.89%), Vitamin B6: 0.42mg (20.78%), Fiber: 3.65g (14.58%), Vitamin D: 2.02µg (13.48%), Magnesium: 51.66mg (12.91%), Vitamin B5: 1mg (9.96%), Vitamin B1: 0.14mg (9.56%), Vitamin A: 457.86IU (9.16%), Folate: 35.96µg (8.99%), Zinc: 1.04mg (6.93%), Selenium: 4.71µg (6.73%), Vitamin B3: 0.99mg (4.97%), Copper: 0.1mg (4.84%), Iron: 0.6mg (3.34%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.96µg (1.87%)