



Eggnog



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



556 kcal

BEVERAGE

DRINK

Ingredients



1 banana whole frozen peeled ()



0.3 tsp cinnamon



0.8 cup vanilla soymilk fat-free

Equipment

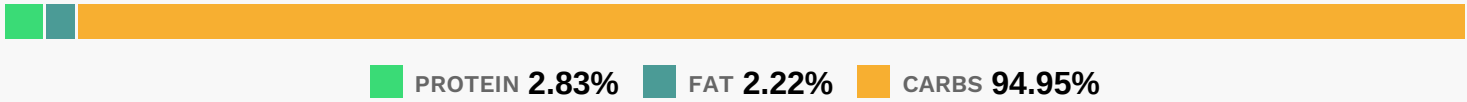


blender

Directions

- ☐ Combine soymilk, banana, cinnamon, a light dash of nutmeg (about 1/8 tsp) and a tiny little bit of cloves in a blender or vita-mix and blend until smooth and creamy.
- ☐ Garnish with a dash of nutmeg if desired.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 50gDietary Fiber3.40gSugars23.80gProtein7.50g

Nutrition Facts



Properties

Glycemic Index:59.78, Glycemic Load:13.07, Inflammation Score:-4, Nutrition Score:7.9647825541704%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 555.91kcal (27.8%), Fat: 0.49g (0.76%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 43.75g (15.91%), Sugar: 34.14g (37.94%), Cholesterol: 0mg (0%), Sodium: 15.28mg (0.66%), Alcohol: 53.66g (100%), Alcohol %: 24.76% (100%), Protein: 1.41g (2.81%), Manganese: 0.79mg (39.55%), Vitamin B6: 0.47mg (23.73%), Potassium: 656.12mg (18.75%), Vitamin B2: 0.23mg (13.8%), Fiber: 3.41g (13.65%), Magnesium: 50.97mg (12.74%), Vitamin C: 10.29mg (12.47%), Copper: 0.21mg (10.33%), Vitamin B3: 1.46mg (7.28%), Folate: 23.64µg (5.91%), Vitamin B5: 0.45mg (4.51%), Vitamin B1: 0.05mg (3.59%), Phosphorus: 35.74mg (3.57%), Iron: 0.55mg (3.04%), Calcium: 29.57mg (2.96%), Zinc: 0.36mg (2.4%), Selenium: 1.2µg (1.71%), Vitamin A: 77.44IU (1.55%)