



## Fresh Banana Pudding Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 2 bananas ripe cut into chunks
- 3.4 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 0.5 cup banana nut grain cereal flakes whole

### Equipment

- blender

## Directions

- Blend all ingredients in blender on high speed until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.19, Glycemic Load:9.78, Inflammation Score:-4, Nutrition Score:9.433478264705%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 272.16kcal (13.61%), Fat: 6.18g (9.5%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 45.92g (16.7%), Sugar: 36.45g (40.5%), Cholesterol: 21.96mg (7.32%), Sodium: 241.15mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Calcium: 239.24mg (23.92%), Vitamin B2: 0.35mg (20.69%), Phosphorus: 198.29mg (19.83%), Vitamin B6: 0.38mg (18.91%), Vitamin B12: 0.99µg (16.47%), Potassium: 490.54mg (14.02%), Vitamin D: 2.01µg (13.42%), Vitamin B1: 0.19mg (12.65%), Magnesium: 37.89mg (9.47%), Vitamin B5: 0.88mg (8.8%), Manganese: 0.17mg (8.43%), Vitamin C: 6.38mg (7.74%), Fiber: 1.93g (7.73%), Vitamin A: 334.22IU (6.68%), Selenium: 4.28µg (6.12%), Zinc: 0.84mg (5.62%), Folate: 18.05µg (4.51%), Vitamin B3: 0.89mg (4.47%), Iron: 0.55mg (3.04%), Copper: 0.05mg (2.65%)