



Fresh Banana Smoothie

READY IN



5 min.

SERVINGS



5

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 bananas cut into chunks
- 3 oz jell-o lemon flavor gelatin
- 2.5 cups milk
- 0.5 cup honey-flavored multi-grain cereal flakes with oat clusters

Equipment



- blender

Directions

Blend ingredients in blender until smooth.

Serve immediately.

Nutrition Facts

 **PROTEIN 14.16%**  **FAT 17.83%**  **CARBS 68.01%**

Properties

Glycemic Index:32.49, Glycemic Load:13.51, Inflammation Score:-4, Nutrition Score:10.057825974796%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 240.11kcal (12.01%), Fat: 4.9g (7.54%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 39.4g (14.33%), Sugar: 27.31g (30.34%), Cholesterol: 14.64mg (4.88%), Sodium: 232.56mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Manganese: 0.64mg (31.97%), Phosphorus: 207.74mg (20.77%), Calcium: 191.49mg (19.15%), Vitamin B6: 0.3mg (14.95%), Vitamin B2: 0.25mg (14.65%), Selenium: 10.03µg (14.33%), Potassium: 412.31mg (11.78%), Vitamin B1: 0.18mg (11.73%), Magnesium: 45.94mg (11.49%), Vitamin B12: 0.66µg (10.98%), Fiber: 2.65g (10.59%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.78mg (7.77%), Vitamin B3: 1.49mg (7.46%), Zinc: 0.99mg (6.59%), Copper: 0.11mg (5.58%), Vitamin C: 4.11mg (4.98%), Folate: 19.89µg (4.97%), Vitamin A: 228.56IU (4.57%), Iron: 0.75mg (4.17%), Vitamin K: 2.45µg (2.33%), Vitamin E: 0.24mg (1.57%)