



Frozen Chocolate-Banana Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



426 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups banana frozen ripe sliced (2 bananas)
- ☐ 1 cup chocolate-flavored dairy-free dessert frozen
- ☐ 0.5 cup silken tofu
- ☐ 1 cup chocolate soy milk light

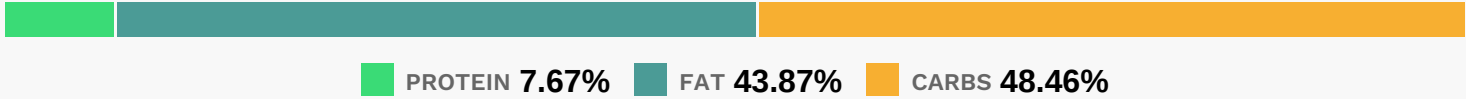
Equipment

- ☐ blender

Directions

☐ Place all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:11.199130457381%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 425.64kcal (21.28%), Fat: 23.01g (35.41%), Saturated Fat: 12.46g (77.91%), Carbohydrates: 57.2g (19.07%), Net Carbohydrates: 50.87g (18.5%), Sugar: 39.8g (44.22%), Cholesterol: 0mg (0%), Sodium: 42.05mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Iron: 5.22mg (29.02%), Fiber: 6.33g (25.32%), Vitamin B6: 0.46mg (23.14%), Calcium: 204.11mg (20.41%), Vitamin B3: 3.21mg (16.03%), Vitamin C: 12.19mg (14.77%), Vitamin B12: 0.85µg (14.16%), Vitamin E: 2.06mg (13.72%), Vitamin B2: 0.23mg (13.36%), Potassium: 450.4mg (12.87%), Copper: 0.24mg (11.84%), Manganese: 0.2mg (10.13%), Folate: 40.17µg (10.04%), Magnesium: 31.69mg (7.92%), Vitamin B1: 0.11mg (7.43%), Vitamin A: 357.16IU (7.14%), Vitamin D: 0.94µg (6.29%), Phosphorus: 40.95mg (4.09%), Selenium: 2.56µg (3.66%), Zinc: 0.51mg (3.38%), Vitamin B5: 0.25mg (2.5%)