



## Fruited Yogurt Shake

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

BEVERAGE

DRINK

### Ingredients

- 1 medium banana cut into chunks
- 3 cups milk fat-free cold
- 1 cup ice cubes crushed
- 1 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size)
- 1 cup yogurt plain low-fat

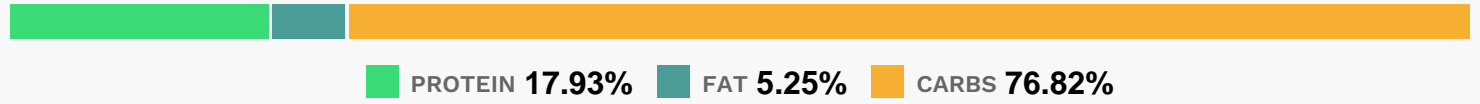
### Equipment

- blender

## Directions

- Place all ingredients in blender; cover. Blend on high speed 1 min. or until smooth.
- Serve immediately. Or cover and refrigerate until ready to serve. Stir just before serving. (
- Mixture thickens as it stands. Thin with additional milk, if desired.)

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:4.0586956340982%

## Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 87.31kcal (4.37%), Fat: 0.52g (0.79%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 16.62g (6.04%), Sugar: 14.49g (16.1%), Cholesterol: 3.67mg (1.23%), Sodium: 109.55mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Calcium: 143.63mg (14.36%), Phosphorus: 116.71mg (11.67%), Vitamin B12: 0.56µg (9.39%), Vitamin B2: 0.16mg (9.33%), Potassium: 224.24mg (6.41%), Vitamin D: 0.81µg (5.39%), Vitamin B6: 0.1mg (4.9%), Vitamin B5: 0.45mg (4.47%), Magnesium: 16.41mg (4.1%), Zinc: 0.57mg (3.81%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.48µg (3.55%), Vitamin A: 169.99IU (3.4%), Manganese: 0.04mg (1.79%), Folate: 6.53µg (1.63%), Vitamin C: 1.22mg (1.48%), Fiber: 0.36g (1.46%)