



## Fuzzy-Navel Smoothies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.3 cup banana ripe sliced
- 0.5 cup milk 1% low-fat
- 0.5 cup orange juice concentrate frozen
- 1.5 cups peaches frozen sliced
- 1 Dash salt
- 1 teaspoon sugar

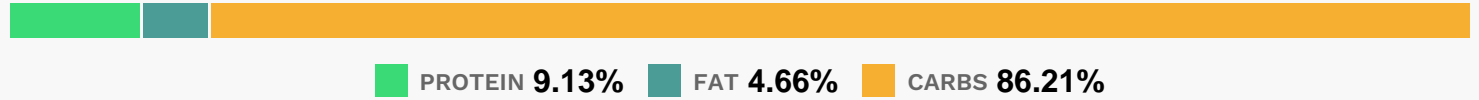
### Equipment

- blender

## Directions

- Combine all ingredients in a blender; let stand for 15 minutes, and process until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:82.56, Glycemic Load:8.16, Inflammation Score:-8, Nutrition Score:14.127826151641%

## Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 7.21mg, Catechin: 7.21mg, Catechin: 7.21mg, Catechin: 7.21mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 208.91kcal (10.45%), Fat: 1.14g (1.75%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 44.32g (16.12%), Sugar: 38.75g (43.06%), Cholesterol: 2.95mg (0.98%), Sodium: 62.64mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin C: 109.86mg (133.16%), Potassium: 770.85mg (22.02%), Vitamin B1: 0.26mg (17.62%), Vitamin B6: 0.34mg (17.03%), Folate: 67.78µg (16.94%), Vitamin A: 777.26IU (15.55%), Vitamin B2: 0.26mg (15.37%), Phosphorus: 134.99mg (13.5%), Fiber: 3.09g (12.37%), Magnesium: 47.92mg (11.98%), Calcium: 107.22mg (10.72%), Vitamin B3: 1.94mg (9.69%), Vitamin E: 1.31mg (8.71%), Vitamin B5: 0.87mg (8.71%), Manganese: 0.17mg (8.7%), Copper: 0.15mg (7.61%), Selenium: 4.21µg (6.02%), Vitamin B12: 0.36µg (6%), Zinc: 0.67mg (4.47%), Vitamin D: 0.65µg (4.33%), Iron: 0.69mg (3.85%), Vitamin K: 3.93µg (3.75%)