



Gone Bananas Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana ripe
- 1 cup ice cubes
- 0.5 cup kool-aid strawberry flavor sugar-sweetened drink mix
- 2 cups milk

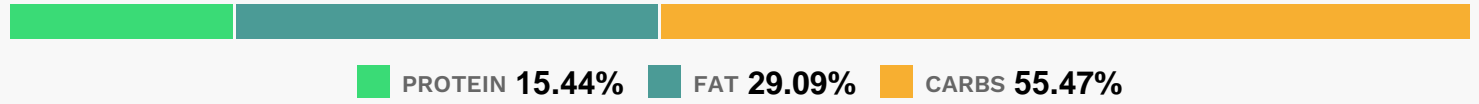
Equipment

- blender

Directions

- Place all ingredients in blender container; cover.
- Blend on high speed 30 sec. or until thickened and smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:5.43, Inflammation Score:-3, Nutrition Score:7.6543477929157%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 166.33kcal (8.32%), Fat: 5.49g (8.44%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 22.77g (8.28%), Sugar: 16.91g (18.79%), Cholesterol: 18.39mg (6.13%), Sodium: 112.89mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Calcium: 199.87mg (19.99%), Vitamin B2: 0.33mg (19.63%), Phosphorus: 185.65mg (18.56%), Vitamin B12: 0.78µg (13.06%), Vitamin B6: 0.25mg (12.34%), Potassium: 407.05mg (11.63%), Vitamin B1: 0.16mg (10.42%), Magnesium: 37.73mg (9.43%), Vitamin D: 1.34µg (8.95%), Selenium: 5.18µg (7.39%), Vitamin B5: 0.65mg (6.51%), Manganese: 0.12mg (6.08%), Vitamin B3: 1.14mg (5.72%), Vitamin A: 251.52IU (5.03%), Zinc: 0.71mg (4.7%), Vitamin C: 3.02mg (3.66%), Folate: 13.09µg (3.27%), Copper: 0.06mg (3.25%), Fiber: 0.78g (3.13%), Vitamin K: 1.36µg (1.29%), Iron: 0.19mg (1.03%)