



## Granana Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana
- 1 apples i use 2 granny smith apples cored peeled cut into chunks
- 2 ice cubes
- 0.5 cup milk 2%

### Equipment

- blender

# Directions

Blend the milk, apple, banana, and ice cubes in a blender until smooth; divide between 2 glasses to serve.

# Nutrition Facts

 **PROTEIN 8.06%**  **FAT 9.73%**  **CARBS 82.21%**

# Properties

Glycemic Index:43.39, Glycemic Load:9.85, Inflammation Score:-3, Nutrition Score:5.764782661977%

# Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

# Nutrients (% of daily need)

Calories: 129.33kcal (6.47%), Fat: 1.52g (2.33%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 25.12g (9.14%), Sugar: 19.65g (21.83%), Cholesterol: 4.72mg (1.57%), Sodium: 29.93mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Fiber: 3.72g (14.87%), Vitamin B6: 0.28mg (13.81%), Vitamin C: 9.44mg (11.44%), Potassium: 391.19mg (11.18%), Vitamin B2: 0.18mg (10.35%), Manganese: 0.2mg (9.97%), Calcium: 79.63mg (7.96%), Phosphorus: 77.27mg (7.73%), Magnesium: 27.11mg (6.78%), Vitamin B12: 0.31µg (5.21%), Vitamin B5: 0.46mg (4.63%), Folate: 17.48µg (4.37%), Copper: 0.08mg (3.82%), Vitamin B1: 0.06mg (3.78%), Selenium: 2.07µg (2.95%), Vitamin A: 147.08IU (2.94%), Zinc: 0.41mg (2.73%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.41µg (2.3%), Vitamin E: 0.24mg (1.6%), Iron: 0.27mg (1.52%)