



Key Lime-Banana Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana ripe sliced
- ☐ 1 cup vanilla yogurt frozen
- ☐ 0.3 teaspoon liquid malt extract dry soft (from 0.13-oz package)
- ☐ 6 oz lime fat free 99% yoplait®
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup milk

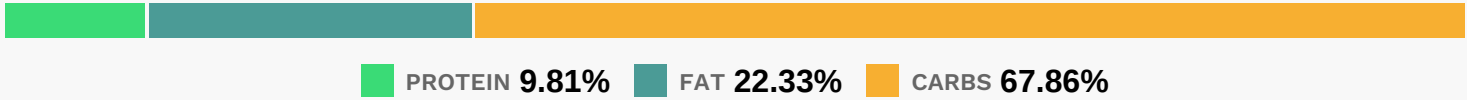
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients except frozen yogurt in blender. Cover; blend on high speed until smooth.
- ☐ Add frozen yogurt. Cover; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:62.39, Glycemic Load:9.71, Inflammation Score:-5, Nutrition Score:10.834347875222%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 37.24mg, Hesperetin: 37.24mg, Hesperetin: 37.24mg, Hesperetin: 37.24mg Naringenin: 2.92mg, Naringenin: 2.92mg, Naringenin: 2.92mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 242.21kcal (12.11%), Fat: 6.6g (10.16%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 41.21g (14.98%), Sugar: 30.23g (33.58%), Cholesterol: 9.39mg (3.13%), Sodium: 98.89mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Vitamin C: 32.78mg (39.74%), Calcium: 217.88mg (21.79%), Vitamin B2: 0.33mg (19.46%), Phosphorus: 193.23mg (19.32%), Vitamin B6: 0.36mg (18.08%), Potassium: 570.06mg (16.29%), Fiber: 3.95g (15.79%), Vitamin B5: 1.1mg (10.99%), Magnesium: 41.47mg (10.37%), Vitamin B12: 0.56µg (9.32%), Manganese: 0.18mg (9.24%), Vitamin B1: 0.12mg (7.98%), Selenium: 4.9µg (7%), Copper: 0.14mg (6.9%), Vitamin A: 341.37IU (6.83%), Folate: 24.88µg (6.22%), Zinc: 0.77mg (5.11%), Iron: 0.9mg (5.03%), Vitamin D: 0.74µg (4.95%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.38mg (2.55%), Vitamin K: 1.39µg (1.32%)