



Lighter Chocolate Milkshake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



350 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon agave syrup
- ☐ 1 banana ripe cut into chunks
- ☐ 1 cup coconut milk
- ☐ 2 cups ice cubes
- ☐ 1 tablespoon peanut butter
- ☐ 2 tablespoons cocoa powder unsweetened

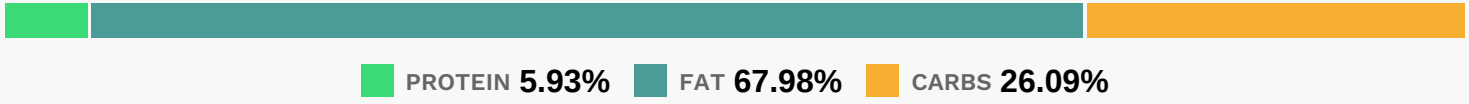
Equipment

- ☐ blender

Directions

Blend coconut milk, banana, cocoa powder, peanut butter, agave syrup, and ice cubes in a blender until smooth and slushy; pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:90.39, Glycemic Load:10.38, Inflammation Score:-5, Nutrition Score:12.160869691683%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 9.83mg, Epicatechin: 9.83mg, Epicatechin: 9.83mg, Epicatechin: 9.83mg 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: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 349.78kcal (17.49%), Fat: 29.09g (44.76%), Saturated Fat: 22.65g (141.57%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 21.35g (7.76%), Sugar: 11.53g (12.81%), Cholesterol: 0mg (0%), Sodium: 62.68mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 5.71g (11.42%), Manganese: 1.34mg (66.83%), Copper: 0.56mg (27.97%), Magnesium: 108.8mg (27.2%), Iron: 4.72mg (26.22%), Phosphorus: 185.33mg (18.53%), Potassium: 581.14mg (16.6%), Fiber: 3.78g (15.11%), Vitamin B6: 0.3mg (15.06%), Vitamin B3: 2.32mg (11.6%), Folate: 37.6µg (9.4%), Vitamin C: 7.11mg (8.62%), Zinc: 1.29mg (8.59%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.08mg (4.63%), Vitamin B1: 0.06mg (4.28%), Calcium: 40.76mg (4.08%), Selenium: 1.72µg (2.45%), Vitamin K: 1.57µg (1.49%)