



HEALTH SCORE

78%

Lunch Shake



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon natural almond butter
- ☐ 0.5 banana
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 2 tablespoons honey
- ☐ 1 cup ice cubes
- ☐ 1 cup kale shredded
- ☐ 1 cup raspberries fresh
- ☐ 1 tablespoon wheat germ

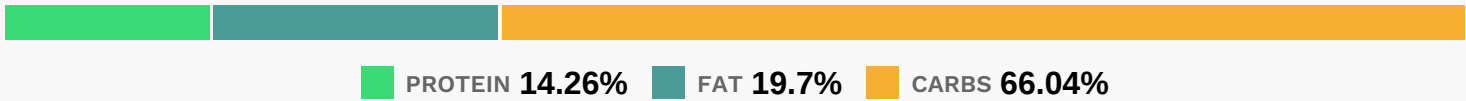
Equipment

☐ blender

Directions

- ☐ Combine all ingredients in a blender, and blend until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82.53, Glycemic Load:13.14, Inflammation Score:-10, Nutrition Score:17.616956337639%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 235.44kcal (11.77%), Fat: 5.52g (8.49%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 35.29g (12.83%), Sugar: 30.99g (34.43%), Cholesterol: 1.84mg (0.61%), Sodium: 84.85mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Manganese: 1.11mg (55.42%), Vitamin K: 45.96µg (43.77%), Vitamin C: 29.03mg (35.18%), Calcium: 259.62mg (25.96%), Fiber: 6.33g (25.31%), Phosphorus: 238.54mg (23.85%), Vitamin B2: 0.39mg (23.09%), Vitamin A: 1094.14IU (21.88%), Magnesium: 72.58mg (18.15%), Vitamin E: 2.56mg (17.05%), Potassium: 562.32mg (16.07%), Vitamin B6: 0.25mg (12.72%), Zinc: 1.89mg (12.58%), Folate: 48.42µg (12.11%), Copper: 0.22mg (10.97%), Vitamin B5: 1mg (9.96%), Vitamin B12: 0.56µg (9.34%), Vitamin B1: 0.14mg (9.29%), Selenium: 6.36µg (9.08%), Iron: 1.28mg (7.12%), Vitamin B3: 1.26mg (6.29%)