



## Mango Peach Banana Smoothie

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**182 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana frozen cut into chunks
- 1 cup vanilla yogurt frozen
- 16 ounce apricot-mango nectar canned
- 1 cup peach yogurt
- 1.5 cups peaches frozen

### Equipment

- blender

# Directions

Combine mango nectar, peach yogurt, and frozen yogurt in pitcher of a blender; add peach slices and banana chunks. Blend until smooth, 30 seconds to 1 minute.

# Nutrition Facts



**PROTEIN 5.72%**   **FAT 11.38%**   **CARBS 82.9%**

# Properties

Glycemic Index:33.82, Glycemic Load:6.6, Inflammation Score:-7, Nutrition Score:7.4886956519407%

# Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

# Nutrients (% of daily need)

Calories: 181.75kcal (9.09%), Fat: 2.44g (3.76%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 37.46g (13.62%), Sugar: 34.38g (38.2%), Cholesterol: 0.72mg (0.24%), Sodium: 49.8mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin C: 24.04mg (29.14%), Vitamin A: 1193.69IU (23.87%), Fiber: 2.55g (10.2%), Potassium: 326.21mg (9.32%), Vitamin B6: 0.18mg (8.91%), Manganese: 0.17mg (8.72%), Vitamin B2: 0.14mg (7.97%), Phosphorus: 76.37mg (7.64%), Calcium: 76.08mg (7.61%), Vitamin E: 1.01mg (6.73%), Copper: 0.13mg (6.47%), Magnesium: 24.11mg (6.03%), Vitamin B3: 1.17mg (5.83%), Selenium: 3.96µg (5.65%), Vitamin B5: 0.56mg (5.57%), Folate: 21.77µg (5.44%), Iron: 0.92mg (5.11%), Vitamin K: 4.05µg (3.86%), Vitamin B1: 0.05mg (3.26%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.1µg (1.74%)