



Milk Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 5 gram low calorie granulated sugar substitute sweet low® (such as 'n)
- ☐ 1 cup milk

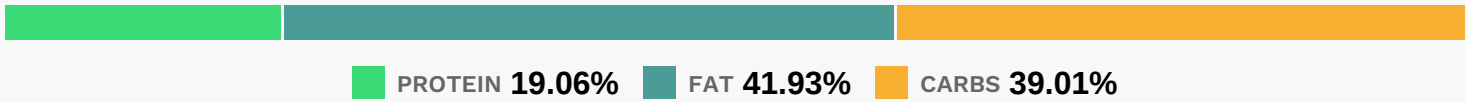
Equipment

- ☐ food processor
- ☐ blender

Directions

Blend milk, bananas, and sugar substitute in a blender or food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:7.82, Inflammation Score:-3, Nutrition Score:7.9343477912733%

Nutrients (% of daily need)

Calories: 165.65kcal (8.28%), Fat: 7.82g (12.04%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 16.37g (5.95%), Sugar: 16.73g (18.58%), Cholesterol: 29.28mg (9.76%), Sodium: 92.77mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16.01%), Calcium: 300.17mg (30.02%), Phosphorus: 246.44mg (24.64%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (19.86%), Vitamin D: 2.68µg (17.89%), Potassium: 366.1mg (10.46%), Vitamin B1: 0.14mg (9.11%), Vitamin B5: 0.91mg (9.1%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.44%), Magnesium: 29.28mg (7.32%), Zinc: 1mg (6.67%), Selenium: 4.67µg (6.67%), Vitamin B3: 0.26mg (1.28%)