



Molasses Spice Smoothie

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

257 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- BEVERAGE

Ingredients

- ☐ 1 small banana frozen sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup ice cubes
- ☐ 1 cup milk
- ☐ 0.5 cup oats
- ☐ 2 tablespoons unsulfured molasses

0.3 teaspoon vanilla extract

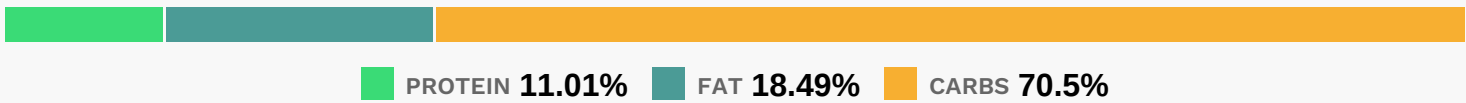
Equipment

blender

Directions

Blend milk, oats, ice cubes, banana, molasses, ginger, cinnamon, vanilla extract, and cloves in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:90.89, Glycemic Load:19, Inflammation Score:-5, Nutrition Score:14.306956648827%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 5.45g (8.38%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 43.02g (15.64%), Sugar: 27.26g (30.29%), Cholesterol: 14.64mg (4.88%), Sodium: 58.81mg (2.56%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 7.3g (14.59%), Manganese: 1.47mg (73.4%), Magnesium: 106.8mg (26.7%), Phosphorus: 224.88mg (22.49%), Calcium: 211.85mg (21.19%), Potassium: 739.17mg (21.12%), Vitamin B6: 0.42mg (20.91%), Selenium: 12.54µg (17.91%), Fiber: 3.71g (14.85%), Vitamin B2: 0.24mg (14.04%), Vitamin B1: 0.19mg (12.39%), Iron: 2.08mg (11.58%), Copper: 0.23mg (11.57%), Vitamin B12: 0.66µg (10.98%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.41mg (9.38%), Vitamin D: 1.34µg (8.95%), Vitamin C: 4.42mg (5.35%), Vitamin B3: 0.93mg (4.67%), Vitamin A: 231.66IU (4.63%), Folate: 16.69µg (4.17%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.25µg (1.2%)