



## Morning Energizer Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 large banana sliced
- 1 cup vanilla yogurt frozen
- 0.8 cup orange juice
- 0.8 cup pineapple chunks fresh
- 0.8 cup raspberries fresh
- 0.8 cup strawberries fresh sliced

### Equipment

- blender

# Directions

- Process all ingredients in a blender until smooth, stopping to scrape down sides as needed.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:43.19, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:8.9939130693674%

# Flavonoids

Cyanidin: 10.75mg, Cyanidin: 10.75mg, Cyanidin: 10.75mg, Cyanidin: 10.75mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 6.93mg, Pelargonidin: 6.93mg, Pelargonidin: 6.93mg, Pelargonidin: 6.93mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 155.38kcal (7.77%), Fat: 2.5g (3.84%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 29.4g (10.69%), Sugar: 25.33g (28.15%), Cholesterol: 0.72mg (0.24%), Sodium: 33.06mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin C: 52.44mg (63.56%), Manganese: 0.36mg (17.88%), Fiber: 3.56g (14.22%), Potassium: 420.97mg (12.03%), Vitamin B6: 0.23mg (11.53%), Folate: 36.33µg (9.08%), Magnesium: 34.45mg (8.61%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.12mg (8.31%), Phosphorus: 77.94mg (7.79%), Calcium: 75.34mg (7.53%), Copper: 0.14mg (7.1%), Vitamin B5: 0.54mg (5.42%), Vitamin A: 223.93IU (4.48%), Vitamin B3: 0.88mg (4.4%), Iron: 0.68mg (3.78%), Vitamin K: 2.98µg (2.84%), Selenium: 1.9µg (2.72%), Zinc: 0.4mg (2.68%), Vitamin E: 0.38mg (2.5%), Vitamin B12: 0.1µg (1.74%)