



Neapolitan Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas whole frozen ()
- ☐ 0.3 cup plant-based milk
- ☐ 1 cup strawberries
- ☐ 1 tbsp cocoa unsweetened

Equipment

- ☐ blender

Directions

☐ Combine all ingredients together in a blender and whiz until smooth, adding more non-dairy milk as necessary.

☐ Amount Per Serving

☐ Calories

☐ Fat

☐ Carbohydrate

☐ 10gDietary Fiber10.80gSugars39.10gProtein6.70g

Nutrition Facts



Properties

Glycemic Index:132.78, Glycemic Load:30.47, Inflammation Score:-8, Nutrition Score:21.866086835447%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 22.37mg, Catechin: 22.37mg, Catechin: 22.37mg, Catechin: 22.37mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 305.03kcal (15.25%), Fat: 3.9g (6%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 70.84g (23.61%), Net Carbohydrates: 59.83g (21.76%), Sugar: 38.86g (43.18%), Cholesterol: 7.32mg (2.44%), Sodium: 28.11mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.42mg (4.14%), Protein: 6.6g (13.19%), Vitamin C: 105.2mg (127.52%), Manganese: 1.4mg (70.13%), Vitamin B6: 0.98mg (48.87%), Fiber: 11.01g (44.06%), Potassium: 1238.78mg

(35.39%), Magnesium: 116.71mg (29.18%), Copper: 0.46mg (22.92%), Folate: 83.49µg (20.87%), Phosphorus: 187.73mg (18.77%), Vitamin B2: 0.3mg (17.71%), Vitamin B5: 1.21mg (12.09%), Calcium: 116.78mg (11.68%), Vitamin B3: 2.31mg (11.54%), Iron: 1.95mg (10.86%), Vitamin B1: 0.15mg (9.74%), Zinc: 1.17mg (7.82%), Selenium: 4.87µg (6.95%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 267.14IU (5.34%), Vitamin E: 0.69mg (4.6%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.67µg (4.44%)