



Orange-Banana Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium banana ripe cut into 4 pieces
- 2 cups whipped cream low-fat
- 1.5 cups orange juice
- 6 ounce pineapple juice canned

Equipment

- blender
- skewers

Directions

- Place all ingredients in a blender; process until smooth.
- Garnish with a skewer of fresh fruit, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:16.19, Inflammation Score:-6, Nutrition Score:9.511304386284%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 230.42kcal (11.52%), Fat: 4g (6.16%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 43.7g (15.89%), Sugar: 34.27g (38.08%), Cholesterol: 20.52mg (6.84%), Sodium: 57.89mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin C: 53.98mg (65.43%), Vitamin B2: 0.25mg (14.83%), Potassium: 502.42mg (14.35%), Calcium: 140.87mg (14.09%), Vitamin B1: 0.18mg (11.77%), Vitamin A: 566.62IU (11.33%), Vitamin B6: 0.21mg (10.58%), Phosphorus: 103.56mg (10.36%), Folate: 40.49µg (10.12%), Magnesium: 35.21mg (8.8%), Fiber: 1.73g (6.94%), Vitamin B5: 0.64mg (6.41%), Copper: 0.12mg (6.12%), Vitamin B12: 0.36µg (5.95%), Manganese: 0.1mg (4.82%), Zinc: 0.69mg (4.59%), Vitamin B3: 0.79mg (3.96%), Selenium: 2.08µg (2.97%), Iron: 0.53mg (2.92%), Vitamin E: 0.17mg (1.11%)