



## Orange-Banana Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana ripe sliced
- 0.1 teaspoon ground cinnamon
- 1 cup vanilla yogurt low-fat
- 1 cup orange juice
- 1 Dash salt

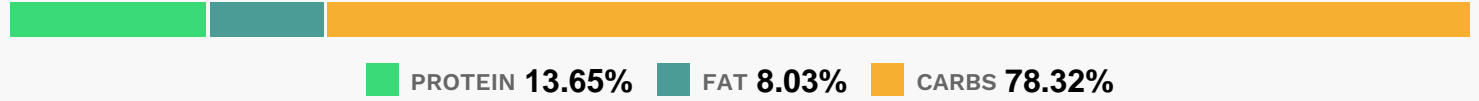
### Equipment

- blender

# Directions

Place all ingredients in a blender; process until smooth.

# Nutrition Facts



# Properties

Glycemic Index:55.89, Glycemic Load:13.11, Inflammation Score:-6, Nutrition Score:13.051739091459%

# Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

# Nutrients (% of daily need)

Calories: 212.74kcal (10.64%), Fat: 1.98g (3.04%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 41.51g (15.09%), Sugar: 34.52g (38.36%), Cholesterol: 6.13mg (2.04%), Sodium: 102.07mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin C: 68.12mg (82.57%), Calcium: 227.33mg (22.73%), Potassium: 728.04mg (20.8%), Phosphorus: 199.51mg (19.95%), Vitamin B2: 0.33mg (19.21%), Vitamin B6: 0.32mg (16.07%), Folate: 62.48µg (15.62%), Magnesium: 49.25mg (12.31%), Vitamin B1: 0.18mg (12.09%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.65µg (10.82%), Manganese: 0.2mg (10.17%), Selenium: 6.72µg (9.6%), Zinc: 1.17mg (7.8%), Fiber: 1.85g (7.39%), Vitamin A: 338.8IU (6.78%), Copper: 0.12mg (5.85%), Vitamin B3: 1.02mg (5.11%), Iron: 0.5mg (2.77%)