



Orange Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana
- ☐ 8 ounce vanilla yogurt fat-free
- ☐ 4 cubes ice cubes
- ☐ 1 cup milk cold
- ☐ 2 oranges peeled
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

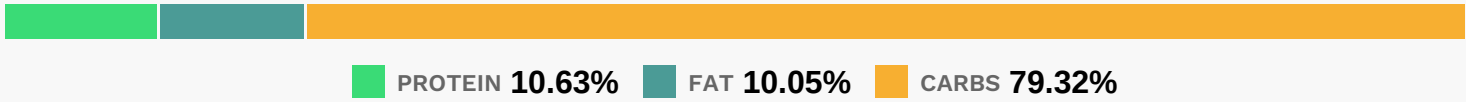
Equipment

☐ blender

Directions

- ☐ In a blender, combine milk, oranges, banana, sugar, salt and yogurt. Blend for about 1 minute. Insert ice cubes, and blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:102.68, Glycemic Load:31.38, Inflammation Score:-7, Nutrition Score:17.463043611983%

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 Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 391.26kcal (19.56%), Fat: 4.56g (7.02%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 81.05g (27.02%), Net Carbohydrates: 76.38g (27.77%), Sugar: 71.81g (79.79%), Cholesterol: 16.91mg (5.64%), Sodium: 133.75mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.73%), Vitamin C: 75.62mg (91.66%), Calcium: 378.88mg (37.89%), Phosphorus: 289.48mg (28.95%), Vitamin B2: 0.47mg (27.81%), Potassium: 851.83mg (24.34%), Vitamin B6: 0.41mg (20.75%), Vitamin B12: 1.19µg (19.86%), Fiber: 4.68g (18.71%), Vitamin B1: 0.25mg (16.4%), Folate: 61.31µg (15.33%), Magnesium: 60.96mg (15.24%), Selenium: 10.52µg (15.02%), Manganese: 0.24mg (11.88%), Vitamin A: 543.76IU (10.88%), Zinc: 1.52mg (10.17%), Vitamin B5: 0.98mg (9.8%), Vitamin D: 1.34µg (8.95%), Copper: 0.12mg (6.25%), Vitamin B3: 1mg (5.02%), Vitamin E: 0.42mg (2.83%), Iron: 0.38mg (2.09%), Vitamin K: 1.91µg (1.82%)