



Orange Vanilla Blend

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 banana frozen peeled chopped
- 1 tablespoon honey
- 2 cups orange juice
- 12 ounce silken tofu soft
- 0.5 teaspoon vanilla extract

Equipment

- blender

Directions

In a blender combine frozen banana, tofu, orange juice, honey and vanilla. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:12.1, Inflammation Score:-6, Nutrition Score:8.7873913904895%

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: 0.21mg, 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 146.23kcal (7.31%), Fat: 2.64g (4.06%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 25.37g (9.22%), Sugar: 19.5g (21.67%), Cholesterol: 0mg (0%), Sodium: 6.04mg (0.26%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.29g (10.58%), Vitamin C: 64.59mg (78.29%), Potassium: 510.17mg (14.58%), Vitamin B1: 0.21mg (13.72%), Copper: 0.26mg (12.79%), Magnesium: 46.43mg (11.61%), Folate: 43.21µg (10.8%), Vitamin B6: 0.17mg (8.43%), Phosphorus: 80.54mg (8.05%), Iron: 1.04mg (5.8%), Vitamin B2: 0.1mg (5.6%), Vitamin A: 266.88IU (5.34%), Manganese: 0.1mg (5.12%), Vitamin B3: 0.96mg (4.78%), Fiber: 1.11g (4.44%), Calcium: 41.85mg (4.19%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.34mg (3.38%)