



Orangey-Banana Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana cut into chunks
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 1 cup ice cubes
- 0.5 cup milk
- 3 Tbsp orange marmalade reduced-sugar

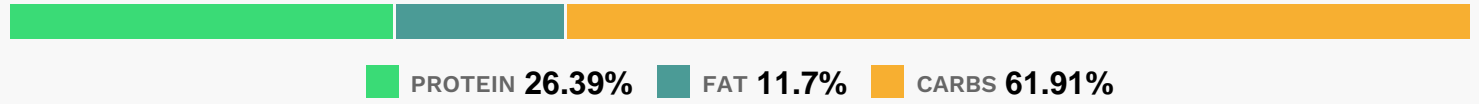
Equipment

- blender

Directions

- Blend all ingredients except ice in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:3.4347825873157%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.71kcal (4.89%), Fat: 1.32g (2.03%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.01g (5.46%), Sugar: 12.48g (13.87%), Cholesterol: 4.74mg (1.58%), Sodium: 202.11mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.39%), Phosphorus: 90.88mg (9.09%), Vitamin B2: 0.13mg (7.56%), Vitamin B12: 0.42µg (6.94%), Selenium: 4.84µg (6.91%), Vitamin B6: 0.13mg (6.73%), Calcium: 64.74mg (6.47%), Potassium: 164.4mg (4.7%), Manganese: 0.07mg (3.42%), Vitamin C: 2.63mg (3.19%), Magnesium: 12.27mg (3.07%), Folate: 11.22µg (2.81%), Fiber: 0.7g (2.79%), Vitamin B5: 0.27mg (2.69%), Copper: 0.05mg (2.48%), Zinc: 0.32mg (2.11%), Vitamin B1: 0.03mg (2.07%), Vitamin D: 0.27µg (1.79%), Vitamin A: 80.6IU (1.61%), Vitamin B3: 0.25mg (1.23%)