



Paleo Friendly Banana Shake

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



333 kcal

BEVERAGE

DRINK

Ingredients

- 2 bananas frozen peeled
- 0.3 cup coconut milk as needed
- 1 teaspoon vanilla extract to taste

Equipment

- blender

Directions

- Puree bananas and vanilla extract in a blender until smooth.
- Add coconut milk gradually until desired consistency is reached.

Nutrition Facts

PROTEIN 4.2%

FAT 32.63%

CARBS 63.17%

Properties

Glycemic Index:151.78, Glycemic Load:27.65, Inflammation Score:-6, Nutrition Score:13.172173966532%

Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 332.86kcal (16.64%), Fat: 12.83g (19.74%), Saturated Fat: 10.95g (68.45%), Carbohydrates: 55.9g (18.63%), Net Carbohydrates: 49.77g (18.1%), Sugar: 29.3g (32.55%), Cholesterol: 0mg (0%), Sodium: 10.06mg (0.44%), Alcohol: 1.38g (100%), Alcohol %: 0.59% (100%), Protein: 3.72g (7.43%), Manganese: 1.08mg (54.02%), Vitamin B6: 0.88mg (44.15%), Potassium: 975.1mg (27.86%), Vitamin C: 21.1mg (25.57%), Fiber: 6.14g (24.54%), Magnesium: 90.19mg (22.55%), Copper: 0.31mg (15.65%), Iron: 2.48mg (13.79%), Folate: 55.11µg (13.78%), Phosphorus: 106.4mg (10.64%), Vitamin B2: 0.18mg (10.36%), Vitamin B3: 1.95mg (9.73%), Vitamin B5: 0.88mg (8.76%), Vitamin B1: 0.09mg (5.74%), Zinc: 0.67mg (4.5%), Selenium: 2.36µg (3.37%), Vitamin A: 151.04IU (3.02%), Calcium: 22.41mg (2.24%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.18µg (1.12%)