



## Papaya-Banana Smoothie

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- ☐ 1 small banana ripe peeled sliced
- ☐ 0.3 cup greek yogurt
- ☐ 1 cup ice cubes
- ☐ 1 cup milk
- ☐ 0.5 large papaya ripe peeled seeded chopped
- ☐ 1 teaspoon vanilla extract pure

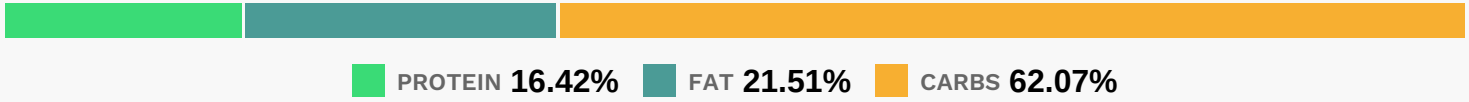
## Equipment

- ☐ blender

# Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the milk, yogurt, vanilla, banana, papaya and ice cubes in a blender and blend until smooth.
- ☐ Pour into a large glass.

## Nutrition Facts



## Properties

Glycemic Index:151.53, Glycemic Load:25.66, Inflammation Score:-9, Nutrition Score:24.074782703234%

## Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 360.01kcal (18%), Fat: 8.82g (13.57%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 51.41g (18.7%), Sugar: 41.06g (45.62%), Cholesterol: 31.78mg (10.59%), Sodium: 139.12mg (6.05%), Alcohol: 1.38g (100%), Alcohol %: 0.21% (100%), Protein: 15.15g (30.3%), Vitamin C: 124.5mg (150.91%), Vitamin A: 2266.92IU (45.34%), Calcium: 406.21mg (40.62%), Vitamin B2: 0.61mg (35.65%), Phosphorus: 355.9mg (35.59%), Potassium: 1149.8mg (32.85%), Vitamin B6: 0.62mg (31.24%), Vitamin B12: 1.67µg (27.79%), Magnesium: 104.8mg (26.2%), Folate: 94µg (23.5%), Fiber: 5.86g (23.42%), Manganese: 0.37mg (18.61%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.78mg (17.77%), Selenium: 11.74µg (16.77%), Vitamin B1: 0.22mg (14.87%), Copper: 0.22mg (10.8%), Zinc: 1.6mg (10.65%), Vitamin B3: 1.73mg (8.64%), Vitamin K: 6.18µg (5.88%), Vitamin E: 0.8mg (5.32%), Iron: 0.78mg (4.32%)