



Peanut Butter and Jelly Smoothie

READY IN



2 min.

SERVINGS



5

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 bananas frozen
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons blackberry jelly
- ☐ 2 cups milk
- ☐ 2 tablespoons peanut butter
- ☐ 2 teaspoons wheat germ

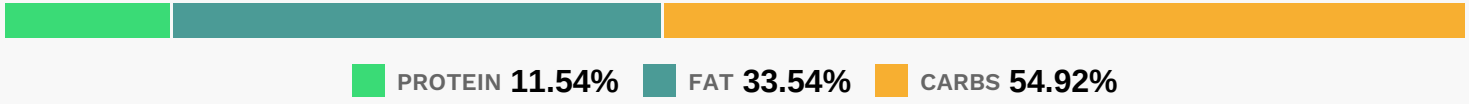
Equipment

- ☐ blender

Directions

☐ In a blender combine milk, jelly, peanut butter, banana, honey and wheat germ. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:11.09, Inflammation Score:-3, Nutrition Score:5.9382607690666%

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: 166.99kcal (8.35%), Fat: 6.52g (10.02%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.93g (8.34%), Sugar: 19.02g (21.14%), Cholesterol: 11.71mg (3.9%), Sodium: 67.72mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Phosphorus: 130.69mg (13.07%), Calcium: 126.62mg (12.66%), Manganese: 0.22mg (11.23%), Vitamin B2: 0.18mg (10.32%), Vitamin B6: 0.18mg (9.17%), Vitamin B12: 0.53µg (8.78%), Potassium: 281.08mg (8.03%), Magnesium: 30.34mg (7.59%), Vitamin D: 1.07µg (7.16%), Vitamin B3: 1.15mg (5.75%), Vitamin B1: 0.08mg (5.31%), Vitamin B5: 0.53mg (5.27%), Zinc: 0.67mg (4.47%), Vitamin E: 0.67mg (4.43%), Fiber: 1.08g (4.31%), Selenium: 2.9µg (4.14%), Vitamin A: 173.22IU (3.46%), Vitamin C: 2.8mg (3.39%), Folate: 12.4µg (3.1%), Copper: 0.06mg (3.02%), Iron: 0.27mg (1.51%)