



## Peanut Butter and Jelly Smoothie

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



779 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup non-dairy milk (see my almond milk recipe)
- 2 banana frozen smashed (I used )
- 0.5 cup peanut butter
- 0.5 cup strawberry jam ( 3 strawberries)

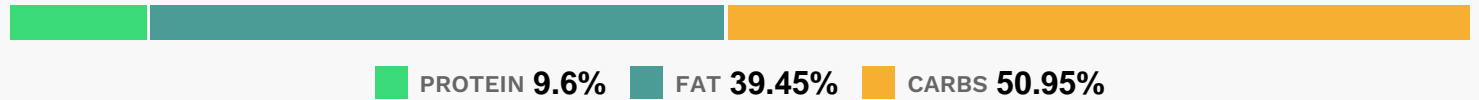
### Equipment

- blender

## Directions

- Place ingredients in a high speed blender like Blendtec for super smooth texture, blend on high.If using a regular blender put milk and strawberries in then blend.Next, add banana pieces and peanut butter, process until smooth.
- Garnish with crushed peanuts and serve.

## Nutrition Facts



## Properties

Glycemic Index:78.6, Glycemic Load:47.54, Inflammation Score:-8, Nutrition Score:26.766086956522%

## Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Taste

Sweetness: 100%, Saltiness: 4.92%, Sourness: 20.56%, Bitterness: 15.88%, Savoriness: 3.72%, Fattiness: 58.46%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 779.49kcal (38.97%), Fat: 35.76g (55.01%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 103.92g (34.64%), Net Carbohydrates: 96.35g (35.04%), Sugar: 65.38g (72.64%), Cholesterol: 0mg (0%), Sodium: 364.09mg (15.83%), Protein: 19.58g (39.16%), Vitamin B3: 13.28mg (66.39%), Manganese: 1.3mg (64.91%), Vitamin E: 9.07mg (60.46%), Vitamin B6: 1.01mg (50.57%), Magnesium: 144.26mg (36.07%), Vitamin C: 26.24mg (31.81%), Folate: 126.18µg (31.55%), Fiber: 7.57g (30.28%), Vitamin B2: 0.51mg (29.93%), Copper: 0.59mg (29.65%), Potassium: 1018.05mg (29.09%), Phosphorus: 260.77mg (26.08%), Calcium: 219.71mg (21.97%), Vitamin B12: 1.27µg (21.24%), Zinc: 2.15mg (14.33%), Vitamin B1: 0.21mg (14.16%), Iron: 2.42mg (13.43%), Selenium: 8.24µg (11.77%), Vitamin B5: 1.09mg (10.95%), Vitamin A: 539.26IU (10.79%), Vitamin D: 1.42µg (9.44%)