



Peanut Butter, Banana, and Flax Smoothies

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana ripe sliced
- 1 tablespoon creamy peanut butter
- 0.5 cup vanilla yogurt fat-free
- 2 tablespoons ground flaxseed
- 1 teaspoon honey
- 0.5 cup milk 1% low-fat
- 0.3 teaspoon vanilla extract

Equipment

blender

Directions

Place all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:76.53, Glycemic Load:8.26, Inflammation Score:-5, Nutrition Score:10.754347759744%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 233.29kcal (11.66%), Fat: 7.92g (12.18%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 31.07g (11.3%), Sugar: 25.65g (28.5%), Cholesterol: 4.18mg (1.39%), Sodium: 95.73mg (4.16%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 8.42g (16.85%), Manganese: 0.48mg (23.87%), Phosphorus: 218.87mg (21.89%), Calcium: 192.43mg (19.24%), Magnesium: 73.29mg (18.32%), Vitamin B6: 0.35mg (17.3%), Vitamin B2: 0.26mg (15.55%), Fiber: 3.84g (15.34%), Potassium: 528.44mg (15.1%), Vitamin B1: 0.2mg (13.49%), Selenium: 7.64µg (10.91%), Vitamin B12: 0.65µg (10.8%), Vitamin B3: 1.81mg (9.03%), Zinc: 1.31mg (8.74%), Copper: 0.17mg (8.7%), Folate: 31.53µg (7.88%), Vitamin C: 5.62mg (6.81%), Vitamin E: 0.86mg (5.72%), Vitamin B5: 0.57mg (5.66%), Vitamin D: 0.65µg (4.33%), Iron: 0.75mg (4.17%), Vitamin A: 160.75IU (3.21%), Vitamin K: 1.35µg (1.29%)