



Peanut Butter-Banana Blast Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup bananas frozen sliced
- ☐ 1 teaspoon honey
- ☐ 0.3 cup ice cubes
- ☐ 1 cup yogurt plain low-fat
- ☐ 2 tablespoons peanut butter
- ☐ 1 teaspoon vanilla extract

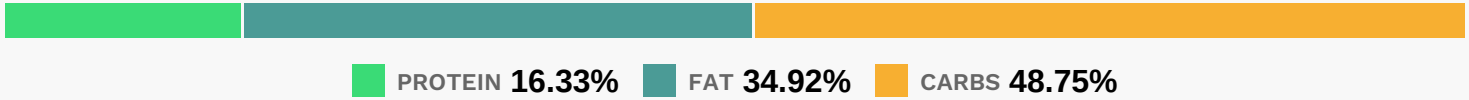
Equipment

- ☐ blender

Directions

☐ In a blender, combine yogurt, honey, vanilla, bananas, peanut butter, and ice; process until smooth.

Nutrition Facts



Properties

Glycemic Index:121.05, Glycemic Load:20.39, Inflammation Score:-7, Nutrition Score:22.98913031039%

Flavonoids

Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 511.69kcal (25.58%), Fat: 20.65g (31.76%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 59.41g (21.6%), Sugar: 45.16g (50.18%), Cholesterol: 14.7mg (4.9%), Sodium: 313.88mg (13.65%), Alcohol: 1.38g (100%), Alcohol %: 0.35% (100%), Protein: 21.72g (43.44%), Phosphorus: 494.8mg (49.48%), Calcium: 474.16mg (47.42%), Manganese: 0.9mg (44.94%), Vitamin B2: 0.7mg (41.26%), Vitamin B6: 0.82mg (40.77%), Potassium: 1300.34mg (37.15%), Magnesium: 137.44mg (34.36%), Vitamin B3: 5.56mg (27.79%), Vitamin B5: 2.29mg (22.94%), Vitamin B12: 1.37µg (22.87%), Fiber: 5.45g (21.8%), Zinc: 3.24mg (21.63%), Folate: 84.61µg (21.15%), Vitamin E: 3.14mg (20.92%), Vitamin C: 15.05mg (18.24%), Selenium: 10.95µg (15.65%), Copper: 0.3mg (14.91%), Vitamin B1: 0.2mg (13.26%), Iron: 1.17mg (6.52%), Vitamin A: 220.95IU (4.42%), Vitamin K: 1.34µg (1.27%)