



Peanut Butter-Banana Health Shake



Vegetarian



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



281 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 small bananas frozen ripe sliced
- ☐ 3 tablespoons creamy peanut butter
- ☐ 1 tablespoon honey
- ☐ 4 servings ice cubes crushed
- ☐ 1 cup ice cream fat-free frozen
- ☐ 2 cups vanilla soy milk fat-free refrigerated (such as Silk)
- ☐ 2 tablespoons wheat germ

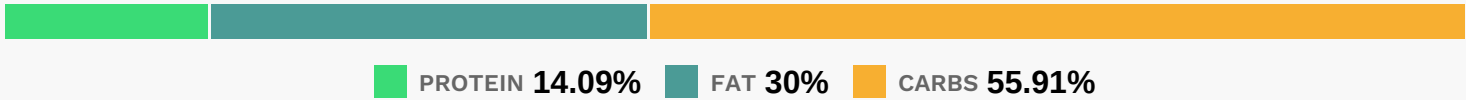
Equipment

☐ blender

Directions

- ☐ Combine first 6 ingredients in a blender; process until smooth.
- ☐ Add ice to blender to raise level to 5 cups; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.62, Glycemic Load:12.13, Inflammation Score:-6, Nutrition Score:15.568260923676%

Flavonoids

Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 281.3kcal (14.07%), Fat: 9.87g (15.18%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 37.8g (13.75%), Sugar: 29.07g (32.3%), Cholesterol: 2.96mg (0.99%), Sodium: 147.32mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.85%), Manganese: 0.75mg (37.52%), Vitamin B6: 0.64mg (32.16%), Vitamin B3: 6.18mg (30.89%), Vitamin E: 4.14mg (27.62%), Calcium: 270.92mg (27.09%), Vitamin B12: 1.27µg (21.24%), Vitamin B2: 0.33mg (19.34%), Potassium: 667.36mg (19.07%), Vitamin C: 15.47mg (18.75%), Folate: 71.06µg (17.77%), Fiber: 3.57g (14.27%), Copper: 0.28mg (13.93%), Magnesium: 47.42mg (11.85%), Vitamin B1: 0.17mg (11%), Vitamin A: 512.22IU (10.24%), Vitamin D: 1.42µg (9.44%), Selenium: 6.18µg (8.83%), Phosphorus: 80.71mg (8.07%), Iron: 1.28mg (7.13%), Zinc: 1.05mg (7.01%), Vitamin B5: 0.45mg (4.46%)