



Peanut Butter Banana Smoothie

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 banana
- 1 tablespoon peanut butter
- 1 cup skim milk ice cold

Equipment

- blender

Directions

Combine all ingredients in a blender. Blend until smooth. Enjoy this smoothie as a mid-morning snack or before you work out for a boost of protein, dietary fat, and fiber.

Nutrition Facts



PROTEIN 20.76% **FAT 31.64%** **CARBS 47.6%**

Properties

Glycemic Index:102.03, Glycemic Load:10.9, Inflammation Score:-6, Nutrition Score:13.974347522725%

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: 231.33kcal (11.57%), Fat: 8.57g (13.18%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 26.7g (9.71%), Sugar: 21.25g (23.61%), Cholesterol: 7.35mg (2.45%), Sodium: 169.68mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.29%), Calcium: 334.19mg (33.42%), Phosphorus: 329.37mg (32.94%), Vitamin B12: 1.42µg (23.68%), Vitamin B2: 0.39mg (23.21%), Vitamin B6: 0.43mg (21.48%), Potassium: 710.61mg (20.3%), Manganese: 0.4mg (20.06%), Magnesium: 72.37mg (18.09%), Vitamin D: 2.69µg (17.97%), Vitamin B3: 2.81mg (14.05%), Vitamin B5: 1.24mg (12.41%), Vitamin B1: 0.18mg (11.84%), Vitamin A: 537.56IU (10.75%), Zinc: 1.6mg (10.65%), Vitamin E: 1.52mg (10.11%), Fiber: 2.3g (9.21%), Selenium: 6.15µg (8.78%), Folate: 30.46µg (7.61%), Vitamin C: 5.13mg (6.22%), Copper: 0.12mg (5.91%), Iron: 0.43mg (2.39%)