



## Peanut Butter-Berry Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.5 medium banana ripe sliced
- 1 tablespoon creamy peanut butter
- 0.5 cup ice cubes crushed
- 0.3 cup milk 1% low-fat
- 1 cup raspberries fresh

### Equipment

- blender

# Directions

Place all ingredients in a blender; process until smooth.

# Nutrition Facts

**PROTEIN 12.02%** **FAT 34.2%** **CARBS 53.78%**

## Properties

Glycemic Index:94.78, Glycemic Load:8.61, Inflammation Score:-6, Nutrition Score:15.599565257197%

## Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 235.8kcal (11.79%), Fat: 9.71g (14.94%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 24.26g (8.82%), Sugar: 17.11g (19.01%), Cholesterol: 2.95mg (0.98%), Sodium: 99.35mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Manganese: 1.2mg (59.98%), Vitamin C: 36.57mg (44.33%), Fiber: 10.1g (40.41%), Vitamin B6: 0.39mg (19.45%), Magnesium: 77.63mg (19.41%), Vitamin E: 2.57mg (17.15%), Vitamin B3: 3.3mg (16.52%), Potassium: 576.47mg (16.47%), Phosphorus: 162.79mg (16.28%), Folate: 51.94µg (12.98%), Copper: 0.24mg (12.04%), Vitamin B2: 0.2mg (11.87%), Calcium: 118.68mg (11.87%), Vitamin B5: 0.97mg (9.74%), Vitamin K: 9.76µg (9.3%), Zinc: 1.26mg (8.43%), Vitamin B1: 0.11mg (7.49%), Iron: 1.26mg (6.99%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.65µg (4.33%), Selenium: 2.72µg (3.89%), Vitamin A: 193IU (3.86%)