



Peanut-Butter-Cup Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup banana ripe sliced
- ☐ 0.5 cup vanilla yogurt frozen low-fat
- ☐ 1 cup chocolate milk 1% low-fat
- ☐ 2 tablespoons peanut butter natural-style
- ☐ 8 ounce vanilla yogurt low-fat

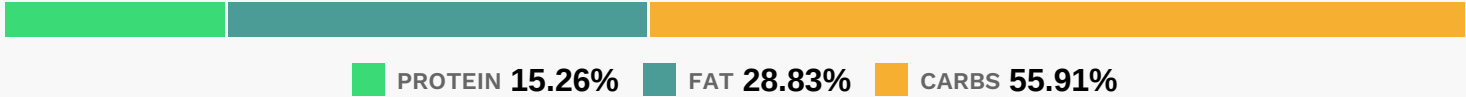
Equipment

- ☐ blender

Directions

- ☐ Place banana in freezer; freeze until firm (about an hour).
- ☐ Remove from freezer; let stand 5 minutes.
- ☐ Combine banana and remaining ingredients in a blender; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.93, Glycemic Load:5.79, Inflammation Score:-5, Nutrition Score:11.160434764364%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 263.93kcal (13.2%), Fat: 8.83g (13.58%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 36.62g (13.32%), Sugar: 31.7g (35.22%), Cholesterol: 8.43mg (2.81%), Sodium: 171.2mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.03%), Calcium: 278.82mg (27.88%), Vitamin B2: 0.47mg (27.55%), Phosphorus: 260.18mg (26.02%), Manganese: 0.36mg (18.07%), Potassium: 598.69mg (17.11%), Vitamin B6: 0.32mg (16.16%), Magnesium: 57.82mg (14.45%), Vitamin B5: 1.1mg (11.04%), Vitamin B12: 0.66µg (11.03%), Vitamin B3: 2mg (10.02%), Selenium: 7.02µg (10.02%), Zinc: 1.43mg (9.55%), Folate: 31.43µg (7.86%), Fiber: 1.9g (7.58%), Vitamin E: 1.06mg (7.09%), Vitamin C: 5.48mg (6.64%), Vitamin B1: 0.1mg (6.45%), Copper: 0.13mg (6.33%), Vitamin D: 0.94µg (6.27%), Vitamin A: 278.72IU (5.57%), Iron: 0.63mg (3.51%)