



Peanut Butter Cup Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas whole frozen ()
- ☐ 0.3 cup plant-based milk
- ☐ 1 tbsp peanut butter
- ☐ 1 tbsp cocoa unsweetened

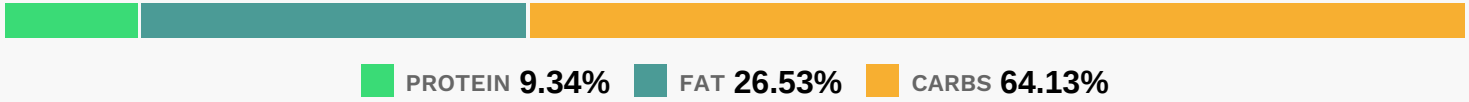
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender and whiz until smooth, adding more non-dairy milk as necessary. Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 10g
- ☐ Carbohydrate
- ☐ gDietary Fiber9gSugars31.9OgProtein9.10g

Nutrition Facts



Properties

Glycemic Index:106.78, Glycemic Load:27.59, Inflammation Score:-7, Nutrition Score:17.70608689474%

Flavonoids

Catechin: 17.9mg, Catechin: 17.9mg, Catechin: 17.9mg, Catechin: 17.9mg Epicatechin: 10.65mg, Epicatechin: 10.65mg, Epicatechin: 10.65mg, Epicatechin: 10.65mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 354.47kcal (17.72%), Fat: 11.65g (17.92%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 54.45g (19.8%), Sugar: 33.5g (37.22%), Cholesterol: 7.32mg (2.44%), Sodium: 95.31mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.42mg (4.14%), Protein: 9.23g (18.46%), Manganese: 1.08mg (54.07%), Vitamin B6: 0.98mg (49.04%), Fiber: 8.9g (35.61%), Potassium: 1108.7mg (31.68%), Magnesium: 125.03mg (31.26%), Vitamin C: 20.53mg (24.89%), Copper: 0.46mg (22.83%), Phosphorus: 207.41mg (20.74%), Vitamin B3: 3.88mg (19.4%), Vitamin B2: 0.3mg (17.65%), Folate: 62.69µg (15.67%), Vitamin B5: 1.2mg (11.99%), Vitamin E: 1.73mg (11.53%), Calcium: 101.58mg (10.16%), Zinc: 1.38mg (9.19%), Iron: 1.64mg (9.12%), Vitamin B1: 0.13mg (8.91%), Selenium: 4.95µg (7.07%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 249.86IU (5%), Vitamin D: 0.67µg (4.47%), Vitamin K: 1.55µg (1.47%)