



Pineapple and Banana Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 medium banana sliced
- 1 tablespoon lime
- 0.3 cup orange juice
- 1 cup pineapple diced
- 0.5 cup soy milk unsweetened

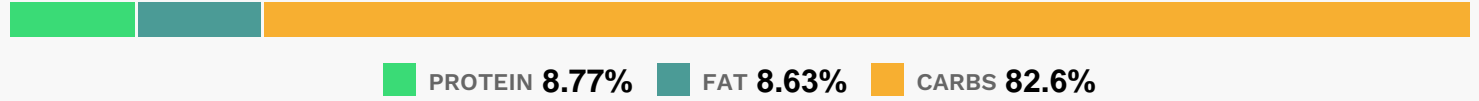
Equipment

- blender

Directions

Put all ingredients in a blender with 1 cup ice and whirl until smooth.

Nutrition Facts



Properties

Glycemic Index:98.72, Glycemic Load:13.91, Inflammation Score:-5, Nutrition Score:11.796956689461%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 128.66kcal (6.43%), Fat: 1.34g (2.06%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 25.72g (9.35%), Sugar: 18.23g (20.25%), Cholesterol: 0mg (0%), Sodium: 24.26mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin C: 60.94mg (73.87%), Manganese: 0.93mg (46.43%), Vitamin B6: 0.35mg (17.62%), Vitamin B1: 0.21mg (13.72%), Fiber: 3.14g (12.56%), Potassium: 439.11mg (12.55%), Vitamin B2: 0.21mg (12.07%), Vitamin B12: 0.67µg (11.24%), Copper: 0.2mg (10.11%), Magnesium: 39.14mg (9.78%), Calcium: 93.4mg (9.34%), Folate: 36.19µg (9.05%), Vitamin A: 274.86IU (5.5%), Vitamin B3: 1.04mg (5.18%), Vitamin B5: 0.49mg (4.88%), Vitamin D: 0.73µg (4.86%), Phosphorus: 44.83mg (4.48%), Iron: 0.75mg (4.18%), Zinc: 0.21mg (1.38%), Selenium: 0.72µg (1.02%)