



Pineapple-Banana Shake

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



9

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large banana ripe peeled sliced
- ☐ 1 cup milk fat-free
- ☐ 1.5 cups vanilla nonfat yogurt frozen
- ☐ 15.3 ounce pineapple chunks in juice drained canned
- ☐ 0.5 teaspoon vanilla extract

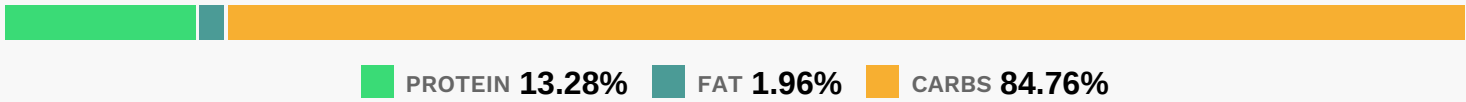
Equipment

- ☐ blender

Directions

- ☐ Combine pineapple and banana in an 8-inch square dish; toss well. Cover and freeze at least 1 hour.
- ☐ Combine frozen fruit, yogurt, milk, and vanilla in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:2.11, Inflammation Score:-2, Nutrition Score:4.080869515305%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 90.96kcal (4.55%), Fat: 0.21g (0.32%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.02g (6.92%), Sugar: 17.85g (19.84%), Cholesterol: 1.63mg (0.54%), Sodium: 35.5mg (1.54%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 3.14g (6.28%), Calcium: 106.47mg (10.65%), Phosphorus: 84.42mg (8.44%), Vitamin B2: 0.13mg (7.68%), Vitamin C: 6.12mg (7.41%), Potassium: 238.67mg (6.82%), Vitamin B6: 0.12mg (6.18%), Vitamin B12: 0.35µg (5.83%), Vitamin B1: 0.09mg (5.69%), Magnesium: 20.7mg (5.18%), Selenium: 3.34µg (4.77%), Fiber: 1.02g (4.07%), Copper: 0.07mg (3.42%), Zinc: 0.5mg (3.3%), Manganese: 0.06mg (2.82%), Folate: 9.64µg (2.41%), Vitamin D: 0.3µg (2%), Vitamin A: 94.12IU (1.88%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.15mg (1.48%), Iron: 0.2mg (1.13%)