



Pineapple Delight Smoothie

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



4

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 banana frozen
- 1 tablespoon honey
- 2 cups milk
- 6 pineapple rings

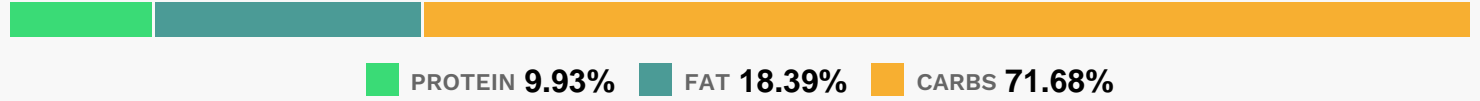
Equipment

- blender

Directions

In a blender combine milk, frozen bananas, pineapple and honey. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:36.26, Glycemic Load:10.95, Inflammation Score:-4, Nutrition Score:8.4743478064952%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.97kcal (9.65%), Fat: 4.19g (6.45%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 34.12g (12.41%), Sugar: 29.57g (32.85%), Cholesterol: 14.64mg (4.88%), Sodium: 48.01mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin B6: 0.36mg (17.82%), Calcium: 167.01mg (16.7%), Vitamin C: 13.2mg (16%), Potassium: 502.97mg (14.37%), Phosphorus: 142.4mg (14.24%), Vitamin B2: 0.23mg (13.61%), Vitamin B1: 0.17mg (11.59%), Vitamin B12: 0.66µg (10.98%), Magnesium: 43.5mg (10.88%), Fiber: 2.66g (10.62%), Vitamin D: 1.34µg (8.95%), Manganese: 0.17mg (8.42%), Copper: 0.14mg (7.03%), Vitamin B5: 0.66mg (6.56%), Vitamin A: 278.15IU (5.56%), Selenium: 3.29µg (4.7%), Zinc: 0.69mg (4.57%), Folate: 16.18µg (4.05%), Vitamin B3: 0.77mg (3.85%), Iron: 0.41mg (2.3%), Vitamin K: 1.26µg (1.2%)