



Pineapple Malt Smoothies

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 3 oz banana ripe peeled
- 2 tablespoons liquid malt extract plain
- 1 cup orange juice
- 1 cup pineapple chunks frozen
- 0.5 cup strawberries unsweetened frozen

Equipment

- blender

Directions

- In a blender, combine about 1 cup frozen pineapple chunks, 1/2 cup frozen unsweetened strawberries, and 1 peeled ripe banana (about 3 oz.) cut into chunks.
- Add 1 cup orange juice and 2 to 3 tablespoons plain malted milk powder. Whirl until mixture is very smooth.
- Pour into 2 tall (at least 10-oz.) glasses.

Nutrition Facts

 **PROTEIN 5.56%**  **FAT 4.86%**  **CARBS 89.58%**

Properties

Glycemic Index:73.39, Glycemic Load:12.1, Inflammation Score:-7, Nutrition Score:12.120869610621%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 199.68kcal (9.98%), Fat: 1.15g (1.77%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 44.06g (16.02%), Sugar: 36.85g (40.95%), Cholesterol: 1.32mg (0.44%), Sodium: 25.48mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 98.15mg (118.97%), Vitamin B1: 0.28mg (18.79%), Potassium: 643.69mg (18.39%), Vitamin B6: 0.33mg (16.69%), Folate: 62.79µg (15.7%), Fiber: 3.62g (14.47%), Manganese: 0.28mg (14.21%), Magnesium: 52.66mg (13.17%), Copper: 0.24mg (12.13%), Vitamin B2: 0.15mg (8.92%), Vitamin B3: 1.54mg (7.71%), Vitamin A: 351IU (7.02%), Phosphorus: 67.05mg (6.7%), Calcium:

56.84mg (5.68%), Iron: 0.88mg (4.87%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.07µg (2.95%), Zinc: 0.35mg (2.33%), Vitamin K: 2.25µg (2.15%), Vitamin E: 0.24mg (1.6%)