



## Pumpkin Banana Smoothie

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



2

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana sliced
- 2 tablespoons brown sugar
- 0.3 teaspoon ground cinnamon
- 1 cup milk
- 1 cup pumpkin puree
- 0.3 teaspoon vanilla extract

### Equipment

- blender

## Directions

- Spoon pumpkin puree into a resealable bag and freeze, 8 hours to overnight.
- Remove pumpkin from freezer and allow to soften at room temperature, 5 to 10 minutes.
- Pour milk into the blender; add pumpkin, banana, brown sugar, cinnamon, and vanilla extract. Blend until smooth, about 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:48.89, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:16.084782517475%

## 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: 215.02kcal (10.75%), Fat: 4.45g (6.84%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 35.88g (13.05%), Sugar: 28.82g (32.02%), Cholesterol: 14.64mg (4.88%), Sodium: 56.51mg (2.46%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 6.02g (12.03%), Vitamin A: 19300.81IU (386.02%), Fiber: 5.22g (20.88%), Manganese: 0.4mg (19.96%), Calcium: 197.38mg (19.74%), Vitamin K: 20.34µg (19.37%), Potassium: 664.35mg (18.98%), Vitamin B6: 0.37mg (18.25%), Phosphorus: 179.74mg (17.97%), Vitamin B2: 0.28mg (16.36%), Magnesium: 60.03mg (15.01%), Vitamin C: 10.29mg (12.47%), Vitamin B5: 1.16mg (11.59%), Vitamin B12: 0.66µg (10.98%), Iron: 1.96mg (10.9%), Vitamin E: 1.42mg (9.5%), Copper: 0.19mg (9.26%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.12mg (7.74%), Folate: 26.64µg (6.66%), Zinc: 0.81mg (5.37%), Selenium: 3.55µg (5.07%), Vitamin B3: 0.99mg (4.94%)