



Raspberry-OJ-Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana cut into chunks
- ☐ 0.5 cup vanilla yogurt fat-free
- ☐ 1 teaspoon honey to taste
- ☐ 1.5 cups ice cubes
- ☐ 1 cup orange juice
- ☐ 1 cup raspberries fresh

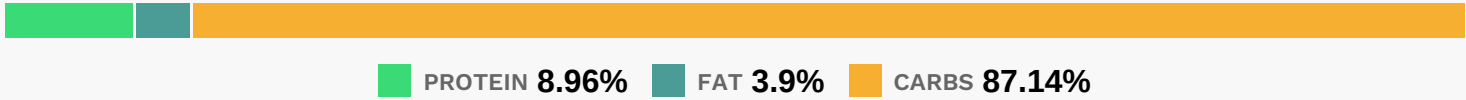
Equipment

- ☐ blender

Directions

 Blend ice cubes, raspberries, orange juice, banana, yogurt, and honey in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:92.53, Glycemic Load:15.45, Inflammation Score:-7, Nutrition Score:14.297391228054%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg 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: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 208.34kcal (10.42%), Fat: 0.96g (1.47%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 42.32g (15.39%), Sugar: 34.78g (38.64%), Cholesterol: 1.23mg (0.41%), Sodium: 46.97mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin C: 83.3mg (100.97%), Manganese: 0.6mg (30.14%), Fiber: 5.69g (22.76%), Potassium: 670.47mg (19.16%), Folate: 67.18µg (16.8%), Vitamin B6: 0.32mg (16.22%), Magnesium: 53.8mg (13.45%), Calcium: 130.22mg (13.02%), Vitamin B2: 0.21mg (12.63%), Phosphorus: 124.49mg (12.45%), Vitamin B1: 0.17mg (11.57%), Copper: 0.19mg (9.55%), Vitamin B3: 1.31mg (6.56%), Selenium: 4.54µg (6.48%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 312.91IU (6.26%), Zinc: 0.88mg (5.87%), Vitamin K: 5.77µg (5.5%), Iron: 0.87mg (4.85%), Vitamin B12: 0.29µg (4.8%), Vitamin E: 0.67mg (4.45%)