



 **48%**  
HEALTH SCORE

## Skinny Green Monster Smoothie

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**1**

CALORIES



**286 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 small banana frozen ripe peeled
- 2 cups baby spinach
- 1 tbsp peanut butter
- 0.8 cup vanilla almond milk unsweetened
- 0.5 cup greek yogurt plain fat-free

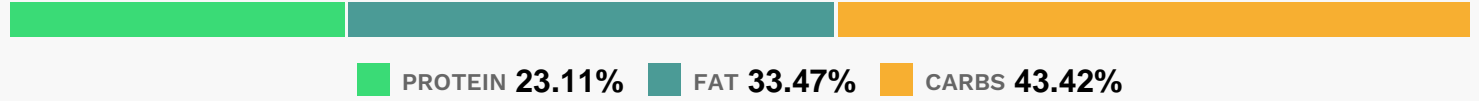
### Equipment

- blender

# Directions

Place all ingredients in a blender and blend until smooth.

# Nutrition Facts



## Properties

Glycemic Index:100.78, Glycemic Load:11.84, Inflammation Score:-10, Nutrition Score:27.828260869565%

## Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

## Taste

Sweetness: 100%, Saltiness: 23.41%, Sourness: 30.35%, Bitterness: 24.15%, Savoriness: 25.73%, Fattiness: 84.31%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 286.46kcal (14.32%), Fat: 11.36g (17.48%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 27.89g (10.14%), Sugar: 17.71g (19.68%), Cholesterol: 5mg (1.67%), Sodium: 396.8mg (17.25%), Protein: 17.65g (35.31%), Vitamin K: 290.35µg (276.53%), Vitamin A: 5694.84IU (113.9%), Manganese: 1.05mg (52.72%), Calcium: 408.29mg (40.83%), Folate: 157.36µg (39.34%), Vitamin B6: 0.62mg (31.14%), Vitamin C: 25.65mg (31.09%), Vitamin B2: 0.5mg (29.33%), Magnesium: 112.71mg (28.18%), Potassium: 927.62mg (26.5%), Phosphorus: 241.86mg (24.19%), Fiber: 5.28g (21.11%), Vitamin E: 2.79mg (18.58%), Selenium: 12.17µg (17.38%), Vitamin B3: 3.45mg (17.23%), Iron: 2.24mg (12.42%), Copper: 0.24mg (12.05%), Vitamin B12: 0.7µg (11.67%), Zinc: 1.41mg (9.37%), Vitamin B5: 0.88mg (8.77%), Vitamin B1: 0.12mg (8.15%)