



Smoothie With Benefits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup banana sliced
- ☐ 1 tablespoon honey
- ☐ 1 cup ice crushed
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1 cup mangos diced
- ☐ 2 cups strawberries hulled sliced in half
- ☐ 2 tablespoons whey powder plain

Equipment

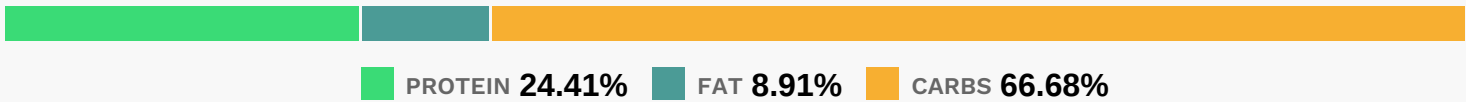
☐ blender

Directions

☐ In a blender, combine ingredients and blend until smooth.

☐ Pour into 2 large glasses.

Nutrition Facts



Properties

Glycemic Index:111.4, Glycemic Load:17.99, Inflammation Score:-8, Nutrition Score:16.274347823599%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.8mg, Pelargonidin: 35.8mg, Pelargonidin: 35.8mg, Pelargonidin: 35.8mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 255.46kcal (12.77%), Fat: 2.75g (4.23%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 41.15g (14.96%), Sugar: 36.79g (40.87%), Cholesterol: 27.01mg (9%), Sodium: 72.85mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.93%), Vitamin C: 118.51mg (143.64%), Manganese: 0.72mg (36%), Folate: 84.48µg (21.12%), Fiber: 5.2g (20.78%), Vitamin A: 1002.5IU (20.05%), Calcium: 195.99mg (19.6%), Potassium: 683.96mg (19.54%), Phosphorus: 183.11mg (18.31%), Vitamin B6: 0.34mg (16.8%), Magnesium: 55.9mg (13.98%), Vitamin B2: 0.23mg (13.26%), Copper: 0.22mg (11.03%), Iron: 1.85mg (10.26%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 1.22mg (8.11%), Vitamin B3: 1.44mg (7.2%), Vitamin K: 6.94µg (6.61%), Vitamin B1: 0.1mg (6.42%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.34µg (5.72%), Selenium: 3.55µg (5.07%)