



Soy Milk Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana very ripe
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup ice cubes
- ☐ 0.8 cup maple syrup pure
- ☐ 1 cup orange juice fresh
- ☐ 1 pint soy milk

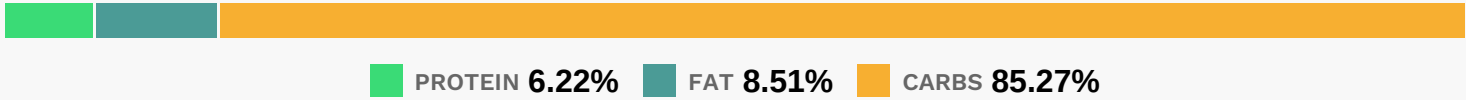
Equipment

- ☐ blender

Directions

- ☐ Combine all the ingredients in a blender. Blend until smooth.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:22.61, Inflammation Score:-6, Nutrition Score:17.525652275137%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 271.02kcal (13.55%), Fat: 2.58g (3.97%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 56.64g (20.6%), Sugar: 47.98g (53.31%), Cholesterol: 0mg (0%), Sodium: 68.48mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Manganese: 1.52mg (76.03%), Vitamin B2: 1.04mg (61.32%), Vitamin C: 42.09mg (51.02%), Calcium: 243.99mg (24.4%), Vitamin B3: 4.39mg (21.95%), Vitamin B12: 1.28µg (21.29%), Vitamin B6: 0.41mg (20.45%), Vitamin E: 3.04mg (20.27%), Folate: 62.37µg (15.59%), Potassium: 533.33mg (15.24%), Vitamin A: 608.51IU (12.17%), Vitamin B1: 0.18mg (11.88%), Copper: 0.21mg (10.31%), Vitamin D: 1.42µg (9.46%), Magnesium: 28.21mg (7.05%), Fiber: 1.5g (5.99%), Zinc: 0.79mg (5.28%), Iron: 0.87mg (4.82%), Selenium: 3.09µg (4.41%), Vitamin B5: 0.22mg (2.17%), Phosphorus: 17.19mg (1.72%)