



Spiced Banana-Almond Smoothie



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 tablespoon smooth almond butter
- ☐ 1 cup vanilla almond milk unsweetened
- ☐ 1 banana ripe
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 tablespoon honey
- ☐ 2 ice cubes

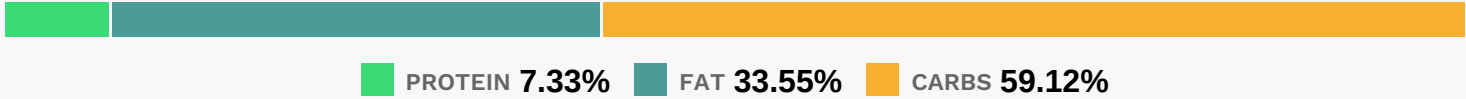
Equipment

- ☐ blender

Directions

☐ Combine all the ingredients in a blender and pure until smooth.

Nutrition Facts



Properties

Glycemic Index:112.05, Glycemic Load:22.1, Inflammation Score:-5, Nutrition Score:12.295217444067%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 305.21kcal (15.26%), Fat: 12.34g (18.98%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 48.9g (16.3%), Net Carbohydrates: 43.12g (15.68%), Sugar: 32.6g (36.22%), Cholesterol: 0mg (0%), Sodium: 329.72mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Manganese: 0.96mg (47.82%), Calcium: 367.35mg (36.73%), Vitamin E: 3.99mg (26.61%), Fiber: 5.79g (23.15%), Vitamin B6: 0.46mg (22.84%), Magnesium: 79.49mg (19.87%), Potassium: 564.23mg (16.12%), Vitamin B2: 0.25mg (14.48%), Copper: 0.26mg (12.87%), Vitamin C: 10.58mg (12.83%), Phosphorus: 109.86mg (10.99%), Folate: 32.5µg (8.13%), Vitamin B3: 1.33mg (6.63%), Iron: 1.09mg (6.07%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.46mg (4.59%), Vitamin B1: 0.05mg (3.01%), Selenium: 1.73µg (2.47%), Vitamin A: 75.68IU (1.51%)