



Spiced Caramel-Banana Smoothies



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 oz creme de cassis thick low-fat yoplait®
- ☐ 1 medium banana ripe cut into chunks
- ☐ 1.3 cups soymilk
- ☐ 1 tablespoon mrs richardson's butterscotch caramel sauce fat-free
- ☐ 1.5 cups ice crushed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground ginger

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0.1 teaspoon ground cloves

Equipment

☐

food processor

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blender

Directions

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In blender or food processor, place ingredients. Cover; blend on high speed about 1 minute or until smooth.

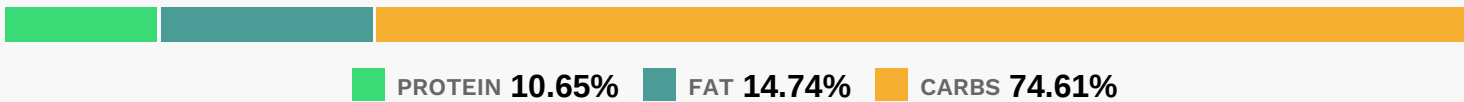
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Pour into 2 glasses.

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Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.1, Glycemic Load:8.04, Inflammation Score:-6, Nutrition Score:12.743478401848%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 185.63kcal (9.28%), Fat: 3.16g (4.87%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 33.66g (12.24%), Sugar: 27.95g (31.06%), Cholesterol: 0mg (0%), Sodium: 127.95mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin B6: 0.56mg (28.11%), Vitamin B12: 1.61µg (26.85%), Vitamin B3: 5.27mg (26.33%), Vitamin E: 3.8mg (25.32%), Calcium: 227.84mg (22.78%), Vitamin B2: 0.34mg (19.85%), Vitamin C: 15.84mg (19.2%), Manganese: 0.37mg (18.54%), Folate: 59.26µg (14.82%), Copper: 0.26mg (13.25%), Vitamin A: 627.41IU (12.55%), Potassium: 432.05mg (12.34%), Vitamin D: 1.77µg (11.8%), Fiber: 2.35g (9.41%), Vitamin B1: 0.11mg (7.35%), Selenium: 4.2µg (6%), Iron: 1mg (5.54%), Magnesium: 20.08mg (5.02%), Zinc: 0.54mg (3.61%), Vitamin B5: 0.22mg (2.15%), Phosphorus: 17.6mg (1.76%)