



Strawberry Banana Frappe

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- 1 banana ripe cut into chunks
- 2 cups milk fat-free
- 2 cups vanilla yogurt frozen softened
- 2 tsp crystal drink mix light
- 1 cup strawberry halved

Equipment

Directions

- Blend ingredients until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:4.05, Inflammation Score:-4, Nutrition Score:7.9560868273611%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 159.23kcal (7.96%), Fat: 3.56g (5.47%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 25.92g (9.43%), Sugar: 22.55g (25.06%), Cholesterol: 5.09mg (1.7%), Sodium: 104.03mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Calcium: 202.12mg (20.21%), Vitamin C: 16.41mg (19.89%), Phosphorus: 184.45mg (18.44%), Vitamin B2: 0.3mg (17.56%), Potassium: 397.85mg (11.37%), Vitamin B12: 0.67µg (11.15%), Vitamin B6: 0.2mg (9.9%), Manganese: 0.17mg (8.53%), Magnesium: 31.46mg (7.86%), Vitamin B5: 0.74mg (7.41%), Vitamin B1: 0.11mg (7.38%), Selenium: 4.66µg (6.65%), Vitamin D: 0.95µg (6.31%), Vitamin A: 299.51IU (5.99%), Zinc: 0.7mg (4.68%), Folate: 17.43µg (4.36%), Vitamin B3: 0.82mg (4.12%), Fiber: 1g (3.99%), Copper: 0.06mg (3.08%), Iron: 0.34mg (1.9%), Vitamin E: 0.17mg (1.12%), Vitamin K: 1.15µg (1.09%)