



Strawberry-Banana Milkshake

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium banana ripe cut into chunks
- 1 pkg jell-o vanilla flavor pudding or any flavor instant (4-serving size)
- 3.5 cups milk
- 0.5 cup strawberries

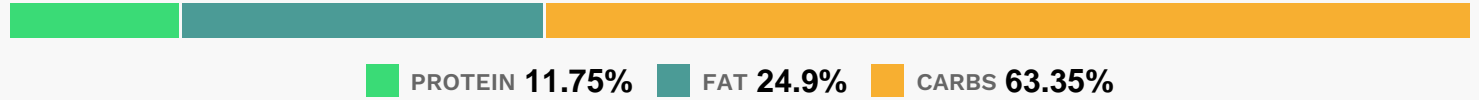
Equipment

- blender

Directions

- Place all ingredients in blender container; cover. Blend 1 minute or until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.28, Glycemic Load:2.98, Inflammation Score:-2, Nutrition Score:3.7473912990612%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 100.43kcal (5.02%), Fat: 2.83g (4.36%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.52g (15.02%), Cholesterol: 10.25mg (3.42%), Sodium: 93.6mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Calcium: 107.26mg (10.73%), Phosphorus: 90.77mg (9.08%), Vitamin B12: 0.46µg (7.69%), Vitamin B2: 0.13mg (7.61%), Vitamin C: 5.26mg (6.38%), Vitamin D: 0.94µg (6.26%), Potassium: 183.28mg (5.24%), Vitamin B6: 0.1mg (4.94%), Vitamin B5: 0.37mg (3.67%), Magnesium: 14.37mg (3.59%), Vitamin B1: 0.05mg (3.55%), Manganese: 0.06mg (3.19%), Vitamin A: 146.76IU (2.94%), Selenium: 1.86µg (2.65%), Zinc: 0.38mg (2.53%), Fiber: 0.51g (2.03%), Folate: 4.09µg (1.02%)