



Strawberry-Banana Milkshake

 Vegetarian  Gluten Free  Popular

READY IN



10 min.

SERVINGS



4

CALORIES



251 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

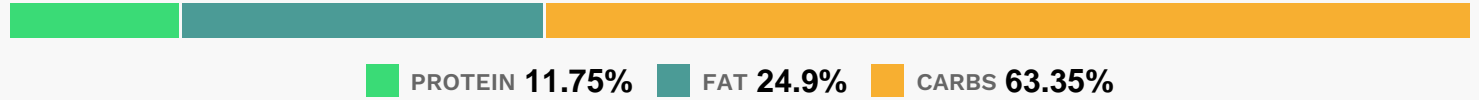
Equipment

- blender

Directions

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

Nutrition Facts



Properties

Glycemic Index:33.19, Glycemic Load:7.46, Inflammation Score:-4, Nutrition Score:9.3669564957204%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251.07kcal (12.55%), Fat: 7.08g (10.89%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 39.25g (14.27%), Sugar: 33.79g (37.54%), Cholesterol: 25.62mg (8.54%), Sodium: 234.01mg (10.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.52g (15.03%), Calcium: 268.16mg (26.82%), Phosphorus: 226.93mg (22.69%), Vitamin B12: 1.15µg (19.22%), Vitamin B2: 0.32mg (19.01%), Vitamin C: 13.15mg (15.94%), Vitamin D: 2.35µg (15.66%), Potassium: 458.2mg (13.09%), Vitamin B6: 0.25mg (12.35%), Vitamin B5: 0.92mg (9.17%), Magnesium: 35.92mg (8.98%), Vitamin B1: 0.13mg (8.87%), Manganese: 0.16mg (7.98%), Vitamin A: 366.91IU (7.34%), Selenium: 4.64µg (6.63%), Zinc: 0.95mg (6.33%), Fiber: 1.27g (5.08%), Folate: 10.22µg (2.56%), Vitamin B3: 0.49mg (2.45%), Copper: 0.04mg (1.94%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.18µg (1.13%)