



Strawberry-Banana-Peanut Butter Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana
- ☐ 10 ice cubes
- ☐ 2 tablespoons peanut butter
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 4 strawberries fresh hulled

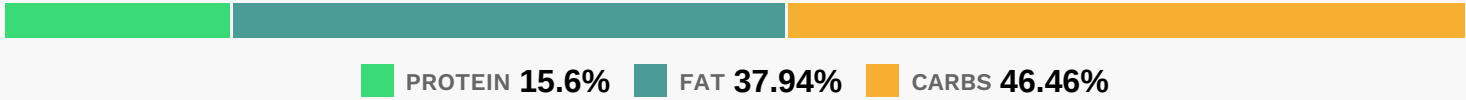
Equipment

- ☐ blender

Directions

☐ Place yogurt, peanut butter, banana, strawberries, and ice cubes into a blender. Puree until smooth.

Nutrition Facts



Properties

Glycemic Index:108.78, Glycemic Load:14.93, Inflammation Score:-7, Nutrition Score:19.698260903358%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 8.69mg, Catechin: 8.69mg, Catechin: 8.69mg, Catechin: 8.69mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 380.02kcal (19%), Fat: 17.11g (26.32%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 41.57g (15.12%), Sugar: 29.51g (32.79%), Cholesterol: 2.45mg (0.82%), Sodium: 240.26mg (10.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.65%), Manganese: 0.98mg (48.96%), Vitamin C: 39.59mg (47.99%), Phosphorus: 338.29mg (33.83%), Vitamin B6: 0.66mg (33.13%), Magnesium: 116.86mg (29.21%), Potassium: 988.73mg (28.25%), Calcium: 277.23mg (27.72%), Vitamin B3: 5.38mg (26.89%), Vitamin B2: 0.44mg (26.15%), Fiber: 5.56g (22.26%), Vitamin E: 3.17mg (21.15%), Folate: 77.34µg (19.33%), Vitamin B5: 1.58mg (15.79%), Zinc: 2.26mg (15.06%), Copper: 0.29mg (14.51%), Vitamin B12: 0.75µg (12.45%), Selenium: 7.09µg (10.13%), Vitamin B1: 0.15mg (10.07%), Iron: 1.17mg (6.49%), Vitamin K: 1.99µg (1.89%), Vitamin A: 89.86IU (1.8%)