



Strawberry-Banana Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients

- 2 bananas ripe cut into chunks
- 1 liter club soda chilled
- 2 cups orange juice cold
- 1 cup strawberries fresh halved

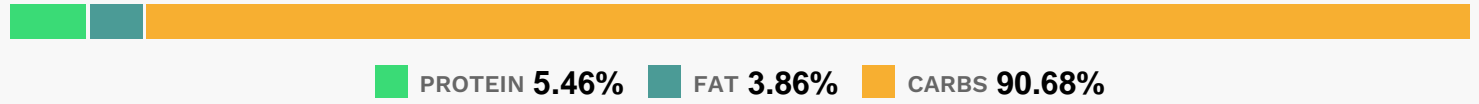
Equipment

- blender

Directions

- Blend first 4 ingredients in blender until smooth.
- Pour into large plastic or glass pitcher. Refrigerate.
- Stir in club soda just before serving.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:5.57, Inflammation Score:-3, Nutrition Score:4.1739131069702%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 47.93kcal (2.4%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 10.64g (3.87%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 21.88mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 35.32mg (42.81%), Manganese: 0.13mg (6.36%), Potassium: 207.72mg (5.93%), Folate: 23.06µg (5.76%), Vitamin B6: 0.11mg (5.66%), Fiber: 1g (4%), Vitamin B1: 0.06mg (3.69%), Magnesium: 14.7mg (3.67%), Copper: 0.05mg (2.66%), Vitamin A: 116.03IU (2.32%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.19mg (1.91%), Phosphorus: 17.08mg (1.71%), Calcium: 13.94mg (1.39%), Iron: 0.23mg (1.28%), Zinc: 0.18mg (1.2%)