



## Strawberry Banana Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.3 cup wheat bran flake cereal
- 0.8 cup milk fat-free
- 0.3 cup strawberries sliced
- 0.5 cup strawberry yogurt fat-free frozen

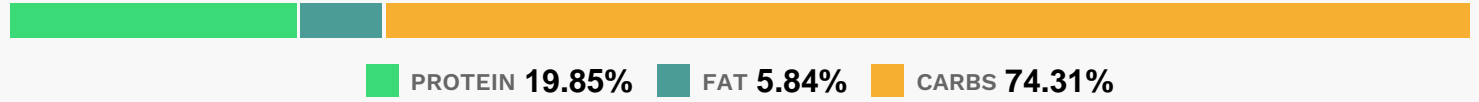
### Equipment

- blender

# Directions

- Place all ingredients in blender container; cover.
- Blend on high speed until smooth.

# Nutrition Facts



# Properties

Glycemic Index:72.75, Glycemic Load:4.9, Inflammation Score:-5, Nutrition Score:9.2530435336673%

# 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: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 121.34kcal (6.07%), Fat: 0.82g (1.26%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 21.67g (7.88%), Sugar: 17.29g (19.22%), Cholesterol: 8.27mg (2.76%), Sodium: 107.54mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin B12: 1.18µg (19.75%), Calcium: 193.24mg (19.32%), Vitamin B2: 0.33mg (19.29%), Phosphorus: 180.33mg (18.03%), Manganese: 0.31mg (15.51%), Vitamin C: 10.58mg (12.83%), Folate: 50.62µg (12.66%), Iron: 2.02mg (11.22%), Vitamin B1: 0.14mg (9.5%), Potassium: 324.92mg (9.28%), Vitamin B6: 0.18mg (8.75%), Vitamin D: 1.23µg (8.2%), Selenium: 5.41µg (7.73%), Vitamin A: 375.24IU (7.5%), Magnesium: 28.63mg (7.16%), Fiber: 1.76g (7.05%), Vitamin B3: 1.29mg (6.46%), Zinc: 0.77mg (5.15%), Vitamin B5: 0.41mg (4.08%), Copper: 0.04mg (2.19%)