



Strawberry Banana Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



3

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 banana
- 1 tablespoon honey
- 0.5 cup strawberries frozen
- 1.5 cups vanilla yogurt
- 2 tablespoons wheat germ

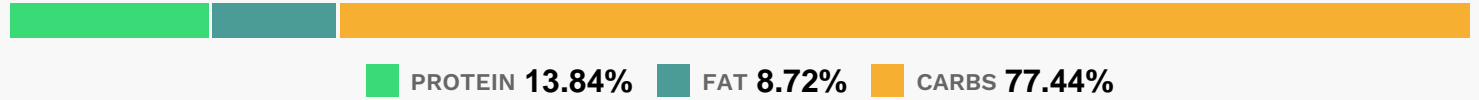
Equipment

- blender

Directions

Combine the yogurt, bananas, strawberries, wheat germ, and honey in a blender; blend until smooth, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:12.26, Inflammation Score:-4, Nutrition Score:12.176086845605%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 216.3kcal (10.81%), Fat: 2.22g (3.41%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 41.33g (15.03%), Sugar: 33.42g (37.14%), Cholesterol: 6.13mg (2.04%), Sodium: 82.6mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.85%), Manganese: 0.8mg (40.16%), Vitamin C: 21.97mg (26.63%), Phosphorus: 219.6mg (21.96%), Calcium: 219.1mg (21.91%), Vitamin B6: 0.4mg (20.22%), Vitamin B2: 0.33mg (19.41%), Potassium: 622.97mg (17.8%), Selenium: 9.85µg (14.06%), Magnesium: 52.86mg (13.22%), Fiber: 3.02g (12.09%), Folate: 45.41µg (11.35%), Zinc: 1.63mg (10.9%), Vitamin B12: 0.65µg (10.82%), Vitamin B5: 1.06mg (10.56%), Vitamin B1: 0.15mg (10.04%), Copper: 0.12mg (6.03%), Vitamin B3: 1.01mg (5.03%), Iron: 0.65mg (3.6%), Vitamin A: 105.9IU (2.12%), Vitamin E: 0.17mg (1.15%)