



# Strawberry-Banana Smoothies

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 1.5 cups soymilk
- 10 oz strawberries unsweetened frozen organic thawed cascadian farm®
- 1 medium banana cut into chunks
- 0.3 cup orange juice
- 1 serving honey

## Equipment

- food processor
- blender

# Directions

- In blender or food processor, place soymilk, strawberries, banana and orange juice. Cover; blend on high speed about 1 minute or until smooth. Sweeten to taste with honey.
- Pour into 2 glasses.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:116.23, Glycemic Load:15.25, Inflammation Score:-8, Nutrition Score:21.843913036844%

# Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 4.22g (6.5%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 32.46g (11.8%), Sugar: 24.95g (27.73%), Cholesterol: 0mg (0%), Sodium: 91.06mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Vitamin C: 121.91mg (147.77%), Manganese: 0.71mg (35.75%), Vitamin B6: 0.71mg (35.65%), Vitamin B3: 6.94mg (34.68%), Vitamin E: 4.95mg (32.98%), Vitamin B12: 1.91µg (31.86%), Folate: 114.93µg (28.73%), Calcium: 278.19mg (27.82%), Vitamin B2: 0.44mg (25.89%), Potassium: 762.15mg (21.78%), Fiber: 5.17g (20.67%), Copper: 0.35mg (17.56%), Vitamin A: 833.05IU (16.66%), Vitamin D: 2.12µg (14.16%), Vitamin B1: 0.2mg (13.28%), Magnesium: 38.97mg (9.74%), Iron: 1.7mg (9.44%), Selenium: 5.3µg (7.57%),

Phosphorus: 54.17mg (5.42%), Zinc: 0.74mg (4.93%), Vitamin B5: 0.46mg (4.55%), Vitamin K: 3.45µg (3.29%)