



## Strawberry-Banana Yogurt Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 medium banana sliced
- 1 cup cool whip free whipped topping thawed
- 1 cup ice cubes crushed
- 6 oz strawberry nonfat yogurt
- 1 cup strawberries sliced

### Equipment

- blender

# Directions

- Blend all ingredients in blender on high speed until smooth.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:31.59, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:8.4004348309144%

# 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: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg 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: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 119.37kcal (5.97%), Fat: 1.63g (2.5%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 21.18g (7.7%), Sugar: 15.5g (17.22%), Cholesterol: 5.13mg (1.71%), Sodium: 66.47mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin C: 32.16mg (38.98%), Vitamin B2: 0.33mg (19.22%), Calcium: 151.84mg (15.18%), Manganese: 0.29mg (14.72%), Phosphorus: 126.19mg (12.62%), Vitamin B12: 0.72µg (11.93%), Vitamin B6: 0.23mg (11.39%), Potassium: 385.84mg (11.02%), Fiber: 2.08g (8.33%), Folate: 30.44µg (7.61%), Magnesium: 30.42mg (7.61%), Vitamin B1: 0.09mg (5.86%), Vitamin B5: 0.55mg (5.55%), Zinc: 0.76mg (5.08%), Selenium: 3.38µg (4.82%), Copper: 0.08mg (3.98%), Vitamin B3: 0.61mg (3.04%), Iron: 0.36mg (1.99%), Vitamin A: 78.65IU (1.57%), Vitamin K: 1.44µg (1.37%), Vitamin E: 0.2mg (1.34%)