



Strawberry Chai Smoothie



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

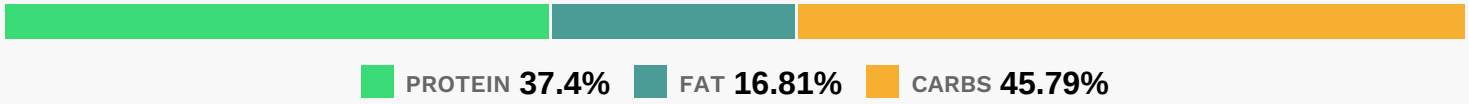
- ☐ 1 small banana frozen
- ☐ 1 cup chai concentrate leftover (almond milk + chai mix)
- ☐ 1 teaspoon cinnamon
- ☐ 1 serving ice cubes
- ☐ 1 scoop protein powder plain (vanilla or)
- ☐ 0.5 cup strawberries frozen

Equipment

Directions

- ☐ Blend until creamy and smooth.
- ☐ Pour into a tall glass and top with sweet and savory granola– like the Paleo People Apple Crisp Granola that I used here.

Nutrition Facts



Properties

Glycemic Index:123.78, Glycemic Load:13.56, Inflammation Score:-5, Nutrition Score:12.945652246475%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 8.4mg, Catechin: 8.4mg, Catechin: 8.4mg, Catechin: 8.4mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 272.87kcal (13.64%), Fat: 5.58g (8.58%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 28.29g (10.29%), Sugar: 18.14g (20.15%), Cholesterol: 50mg (16.67%), Sodium: 374.73mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin C: 51.2mg (62.06%), Manganese: 0.9mg (45%), Calcium: 436.29mg (43.63%), Fiber: 5.88g (23.51%), Vitamin B6: 0.41mg (20.38%), Potassium: 570.36mg (16.3%), Iron: 2.73mg (15.14%), Magnesium: 53.39mg (13.35%), Phosphorus: 126.78mg (12.68%), Folate: 37.6µg (9.4%), Copper: 0.13mg (6.45%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.43mg (4.35%), Vitamin B1: 0.05mg (3.27%), Vitamin A: 159.18IU (3.18%), Vitamin K: 2.71µg (2.58%), Vitamin E: 0.36mg (2.37%), Zinc: 0.29mg (1.96%), Selenium: 1.36µg (1.94%)