



Strawberry Orange Banana Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 banana ripe



1 serving ice cubes



0.8 cup orange juice



1 cup strawberries fresh

Equipment

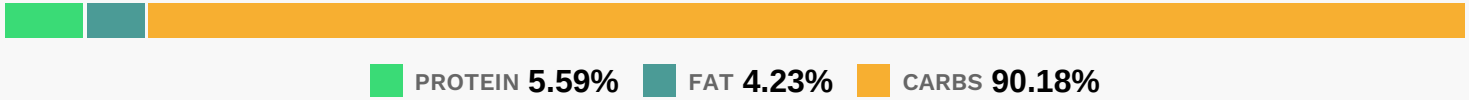


blender

Directions

 Blend the orange juice, strawberries, banana, and ice cubes in a blender until smooth and frothy.

Nutrition Facts



Properties

Glycemic Index:146.78, Glycemic Load:26.19, Inflammation Score:-8, Nutrition Score:16.404347875844%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 11.68mg, Catechin: 11.68mg, Catechin: 11.68mg, Catechin: 11.68mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 4.35mg, Naringenin: 4.35mg, Naringenin: 4.35mg, Naringenin: 4.35mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 234.8kcal (11.74%), Fat: 1.19g (1.84%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 57.31g (19.1%), Net Carbohydrates: 50.99g (18.54%), Sugar: 37.06g (41.18%), Cholesterol: 0mg (0%), Sodium: 7.28mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin C: 187.94mg (227.8%), Manganese: 0.9mg (45.02%), Potassium: 1014.76mg (28.99%), Vitamin B6: 0.58mg (28.76%), Folate: 113.96µg (28.49%), Fiber: 6.32g (25.28%), Magnesium: 71.6mg (17.9%), Vitamin B1: 0.24mg (15.9%), Copper: 0.25mg (12.6%), Vitamin B3: 2.08mg (10.42%), Vitamin B2: 0.17mg (10.21%), Vitamin A: 464.8IU (9.3%), Vitamin B5: 0.93mg (9.28%), Phosphorus: 92.14mg (9.21%), Iron: 1.27mg (7.05%), Calcium: 51.08mg (5.11%), Vitamin E: 0.61mg (4.07%), Vitamin K: 3.94µg (3.76%), Zinc: 0.48mg (3.18%), Selenium: 1.94µg (2.77%)