



Super Strawberry Banana Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 5.3 oz vanilla yogurt
- ☐ 1.5 cups strawberries whole frozen
- ☐ 1 medium banana
- ☐ 4 oz carrots

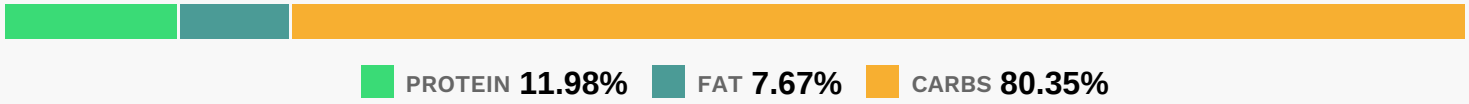
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed about 1 minute or until smooth.
- ☐ Pour into glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.2, Glycemic Load:7.19, Inflammation Score:-10, Nutrition Score:13.782608851143%

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: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg 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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 116.12kcal (5.81%), Fat: 1.06g (1.63%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 21.51g (7.82%), Sugar: 17.02g (18.91%), Cholesterol: 2.5mg (0.83%), Sodium: 60.25mg (2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin A: 6370.11IU (127.4%), Vitamin C: 48.39mg (58.65%), Manganese: 0.44mg (22.01%), Fiber: 3.52g (14.08%), Potassium: 481.62mg (13.76%), Vitamin B6: 0.25mg (12.64%), Calcium: 111.6mg (11.16%), Phosphorus: 106.78mg (10.68%), Vitamin B2: 0.17mg (9.83%), Folate: 37.84µg (9.46%), Magnesium: 32.53mg (8.13%), Vitamin K: 6.82µg (6.5%), Vitamin B5: 0.6mg (6.01%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.96mg (4.82%), Selenium: 3.17µg (4.53%), Zinc: 0.67mg (4.44%), Copper: 0.09mg (4.44%), Vitamin B12: 0.27µg (4.42%), Vitamin E: 0.51mg (3.38%), Iron: 0.55mg (3.03%)