



The Crisper Whisperer: Banana Peanut Butter Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana ripe
- ☐ 1 handful ice cubes
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons peanut butter
- ☐ 1 cup soymilk

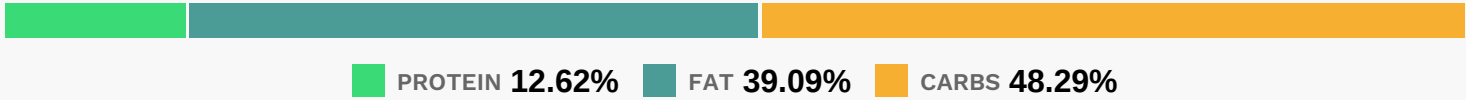
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender and purée until very smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.35, Glycemic Load:11.58, Inflammation Score:-6, Nutrition Score:14.466956506605%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 236.14kcal (11.81%), Fat: 10.75g (16.54%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 26.87g (9.77%), Sugar: 18.95g (21.06%), Cholesterol: 0mg (0%), Sodium: 129.24mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Manganese: 0.65mg (32.41%), Vitamin B3: 6.47mg (32.36%), Vitamin E: 4.5mg (29.99%), Vitamin B6: 0.6mg (29.78%), Vitamin B2: 0.44mg (26%), Vitamin B12: 1.27µg (21.24%), Calcium: 187.35mg (18.74%), Vitamin C: 14.41mg (17.47%), Folate: 65.12µg (16.28%), Potassium: 522.56mg (14.93%), Copper: 0.27mg (13.27%), Fiber: 3.01g (12.03%), Magnesium: 47.51mg (11.88%), Vitamin A: 507.26IU (10.15%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.12mg (8.19%), Phosphorus: 69.2mg (6.92%), Selenium: 4.05µg (5.79%), Iron: 1.04mg (5.79%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.4mg (3.97%)