



## Thick and Creamy Banana Yogurt Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon almond butter
- 1 banana frozen sliced
- 3 tablespoons honey
- 2 tablespoons orange juice
- 1 cup yogurt plain to taste

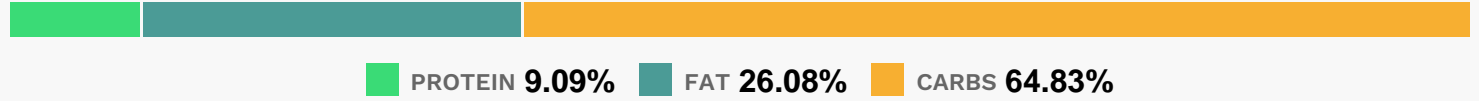
### Equipment

- blender

# Directions

Blend yogurt, bananas, honey, orange juice, and almond butter in a blender until smooth.

# Nutrition Facts



# Properties

Glycemic Index:89.03, Glycemic Load:22.05, Inflammation Score:-4, Nutrition Score:9.4191304419352%

# Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 279.77kcal (13.99%), Fat: 8.65g (13.31%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 45.94g (16.7%), Sugar: 40.55g (45.06%), Cholesterol: 15.93mg (5.31%), Sodium: 58.93mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.57%), Calcium: 182.7mg (18.27%), Vitamin B2: 0.31mg (18.19%), Manganese: 0.36mg (18.11%), Vitamin C: 14.4mg (17.46%), Phosphorus: 174.15mg (17.41%), Potassium: 511.32mg (14.61%), Vitamin B6: 0.28mg (13.92%), Magnesium: 55.45mg (13.86%), Vitamin E: 2.08mg (13.84%), Fiber: 2.45g (9.82%), Zinc: 1.15mg (7.68%), Folate: 30.34µg (7.59%), Vitamin B12: 0.45µg (7.55%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.53%), Selenium: 3.75µg (5.35%), Vitamin B1: 0.07mg (4.83%), Vitamin B3: 0.84mg (4.21%), Vitamin A: 193.12IU (3.86%), Iron: 0.66mg (3.67%)