



Top Banana Smoothie

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



572 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 16 ounces vanilla almond milk unsweetened whole such as silk brand
- 2 banana frozen peeled
- 0.1 teaspoon cinnamon
- 2 ounces cacao nibs for garnish
- 2 tablespoons nutella
- 1.8 ounces pecans raw
- 1 pinch sea salt for garnish

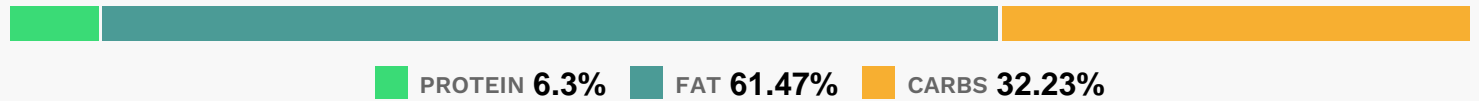
Equipment

blender

Directions

- Add milk or almond milk, frozen bananas, pecans, cocoa nibs, cinnamon, Nutella, and pinch of salt to a blender. Turn blender to low and blend until roughly pureed, about 30 seconds. Gradually increase heat to high and blend until smooth, about 1 minute longer.
- Serve with a sprinkle of cocoa nibs and sea salt on top.

Nutrition Facts



Properties

Glycemic Index:49.56, Glycemic Load:16.26, Inflammation Score:-5, Nutrition Score:15.494347865167%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Catechin: 8.99mg, Catechin: 8.99mg, Catechin: 8.99mg, Catechin: 8.99mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 572.06kcal (28.6%), Fat: 40.73g (62.66%), Saturated Fat: 16.62g (103.84%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 37.07g (13.48%), Sugar: 25.88g (28.76%), Cholesterol: 0mg (0%), Sodium: 323.02mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.77%), Manganese: 1.62mg (80.87%), Fiber: 10.99g (43.98%), Calcium: 316.66mg (31.67%), Magnesium: 110.93mg (27.73%), Vitamin B6: 0.5mg (25.03%), Copper: 0.48mg (23.85%), Potassium: 599.98mg (17.14%), Vitamin B1: 0.22mg (14.4%), Vitamin C: 10.54mg (12.78%), Phosphorus: 122.87mg (12.29%), Zinc: 1.5mg (9.99%), Iron: 1.76mg (9.75%), Vitamin E: 1.39mg (9.24%), Vitamin B2: 0.15mg (8.82%), Folate: 31.65µg (7.91%), Vitamin B5: 0.67mg (6.75%), Vitamin B3: 1.16mg (5.78%), Selenium: 2.79µg (3.99%), Vitamin A: 90.33IU (1.81%), Vitamin K: 1.85µg (1.76%)