



Triple Chocolate Smoothies

 Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana ripe peeled sliced
- ☐ 3 tablespoons chocolate sundae syrup fat-free
- ☐ 1 cup chocolate soy milk
- ☐ 3.5 cups chocolate yogurt fat-free frozen

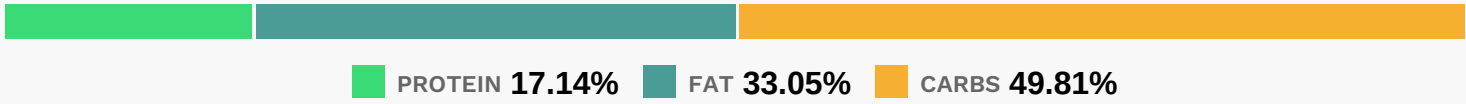
Equipment

- ☐ blender

Directions

- ☐ Place banana on a plate in a single layer, and freeze 20 minutes.
- ☐ Combine banana and remaining ingredients in a blender. Process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:5.76, Inflammation Score:-5, Nutrition Score:11.824347978053%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 225.42kcal (11.27%), Fat: 8.41g (12.94%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 27.12g (9.86%), Sugar: 22.53g (25.03%), Cholesterol: 27.87mg (9.29%), Sodium: 139.21mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Calcium: 345.57mg (34.56%), Vitamin B2: 0.45mg (26.52%), Vitamin B12: 1.43µg (23.84%), Phosphorus: 229.5mg (22.95%), Potassium: 554.68mg (15.85%), Vitamin B6: 0.32mg (15.76%), Vitamin B3: 2.35mg (11.74%), Vitamin E: 1.65mg (10.99%), Magnesium: 43.44mg (10.86%), Zinc: 1.56mg (10.4%), Folate: 40.09µg (10.02%), Vitamin C: 7.92mg (9.6%), Copper: 0.19mg (9.58%), Selenium: 6.58µg (9.4%), Vitamin B5: 0.93mg (9.34%), Vitamin A: 462.98IU (9.26%), Vitamin B1: 0.11mg (7.28%), Manganese: 0.15mg (7.28%), Vitamin D: 0.92µg (6.15%), Fiber: 1.39g (5.57%), Iron: 0.79mg (4.39%)