



Vanilla Banamango Smoothie



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 baby carrots
- ☐ 1 banana frozen sliced
- ☐ 1 teaspoon ground ginger
- ☐ 1 mangos sliced
- ☐ 0.3 cup orange juice to taste
- ☐ 6 ounce vanilla yogurt

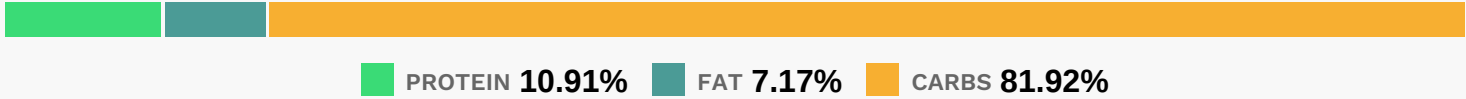
Equipment

- ☐ blender

Directions

☐ Pour orange juice into the pitcher of a blender and add mango, frozen banana, carrots, vanilla yogurt, ice cubes, and ginger. Pulse several times to crush ice, then blend until smooth, 30 seconds to 1 minute.

Nutrition Facts



Properties

Glycemic Index:79.26, Glycemic Load:15.35, Inflammation Score:-9, Nutrition Score:15.652608684872%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 207.7kcal (10.39%), Fat: 1.77g (2.72%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 41.79g (15.2%), Sugar: 36.23g (40.25%), Cholesterol: 4.25mg (1.42%), Sodium: 66.14mg (2.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.06g (12.11%), Vitamin C: 59.25mg (71.82%), Vitamin A: 2635.5IU (52.71%), Manganese: 0.58mg (29.02%), Vitamin B6: 0.41mg (20.36%), Folate: 77.79µg (19.45%), Potassium: 670.26mg (19.15%), Calcium: 167.52mg (16.75%), Vitamin B2: 0.27mg (15.76%), Phosphorus: 152.04mg (15.2%), Fiber: 3.68g (14.73%), Magnesium: 46.44mg (11.61%), Copper: 0.2mg (10.02%), Vitamin B5: 0.97mg (9.74%), Selenium: 6.06µg (8.65%), Vitamin B1: 0.11mg (7.62%), Vitamin B12: 0.45µg (7.51%), Vitamin B3: 1.45mg (7.26%), Vitamin E: 1.02mg (6.8%), Zinc: 0.96mg (6.38%), Vitamin K: 5.71µg (5.43%), Iron: 0.73mg (4.04%)