



Yummy Breakfast Drink

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 medium banana frozen sliced
- ☐ 1.5 cups skim milk fat-free
- ☐ 0.3 cup orange juice concentrate undiluted
- ☐ 1 cup strawberries frozen halved

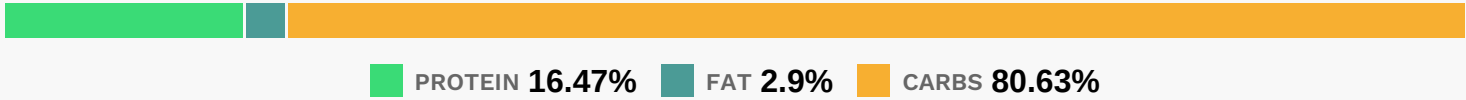
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:7.43, Inflammation Score:-6, Nutrition Score:11.872173744699%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 128kcal (6.4%), Fat: 0.43g (0.66%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 24.8g (9.02%), Sugar: 20.4g (22.67%), Cholesterol: 3.67mg (1.23%), Sodium: 52.78mg (2.3%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 5.52g (11.04%), Vitamin C: 65.96mg (79.95%), Calcium: 180.38mg (18.04%), Phosphorus: 165.71mg (16.57%), Potassium: 568.18mg (16.23%), Manganese: 0.31mg (15.36%), Vitamin B6: 0.3mg (14.98%), Vitamin B2: 0.24mg (14.2%), Vitamin B12: 0.71µg (11.84%), Vitamin B1: 0.16mg (10.5%), Folate: 40.06µg (10.01%), Magnesium: 39.88mg (9.97%), Vitamin D: 1.35µg (8.98%), Fiber: 2.22g (8.88%), Vitamin B5: 0.76mg (7.61%), Vitamin A: 370.53IU (7.41%), Zinc: 0.72mg (4.77%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.85mg (4.25%), Copper: 0.07mg (3.52%), Vitamin E: 0.32mg (2.14%), Iron: 0.38mg (2.1%), Vitamin K: 1.35µg (1.28%)