



Zero Proof: Coconut Banana Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 medium banana peeled
- ☐ 1 tablespoon cocoa powder
- ☐ 1 coconut milk
- ☐ 5 ice cubes
- ☐ 2 medjool dates pitted chopped

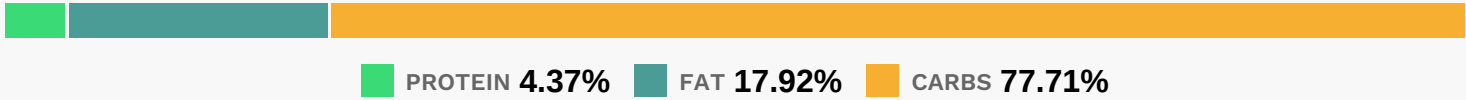
Equipment

- ☐ blender

Directions

- ☐ Place fresh coconut water and meat in the blender. The liquid should equal approximately 2 cups (16 ounces). If it's short, top up with water to equal 2 cups.
- ☐ Add banana, dates, cocoa, and ice cubes, and blend until thoroughly mixed.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:6.53, Inflammation Score:-3, Nutrition Score:5.7121739581875%

Flavonoids

Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg 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: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 259.7kcal (12.99%), Fat: 5.57g (8.57%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 54.38g (18.13%), Net Carbohydrates: 50.31g (18.3%), Sugar: 34.68g (38.54%), Cholesterol: 0mg (0%), Sodium: 43.1mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 3.06g (6.11%), Manganese: 0.33mg (16.31%), Fiber: 4.07g (16.27%), Vitamin B6: 0.28mg (13.96%), Potassium: 416.26mg (11.89%), Copper: 0.23mg (11.66%), Magnesium: 41.72mg (10.43%), Iron: 1.45mg (8.05%), Calcium: 72.56mg (7.26%), Vitamin C: 5.13mg (6.22%), Phosphorus: 46.21mg (4.62%), Vitamin B3: 0.83mg (4.17%), Folate: 16.2µg (4.05%), Vitamin B5: 0.4mg (3.97%), Vitamin B2: 0.06mg (3.73%), Zinc: 0.37mg (2.45%), Vitamin B1: 0.03mg (2.15%), Vitamin A: 73.52IU (1.47%), Selenium: 0.95µg (1.35%)