

Recipe Analyzer Results

A single serving of this recipe has 155 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 155

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 0.9g | 1% |
| Saturated Fat 0.1g | 0% |
| Cholesterol 2mg | 1% |
| Sodium 110mg | 5% |
| Total Carbohydrate 26.2g | 10% |
| Dietary Fiber 4g | 14% |
| Total Sugars 17.7g | |
| Protein 11.9g | |
| Vitamin D 0mcg | 2% |
| Calcium 244mg | 19% |
| Iron 1mg | 8% |

Ingredients:

- 500 ml (2 cups) loosely packed spinach or any other leafy green
- 1 ripe banana
- 500 ml (2 cups) fresh or frozen fruits (blueberries, strawberries, peaches, plums, mangoes or a combination thereof)
- 375 ml (1 1/2 cups) skim milk or unsweetened fortified plant-based beverage
- 250 ml (1 cup) 0% fat plain Greek yogurt
- 20 ml (1 1/2 tbsp) rolled oats or oat bran

Potassium 630mg

13%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**