



Banana-Caramel Milk Shake

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



284 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1 large banana ripe
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.5 cup milk
- ☐ 1 pint whipped cream

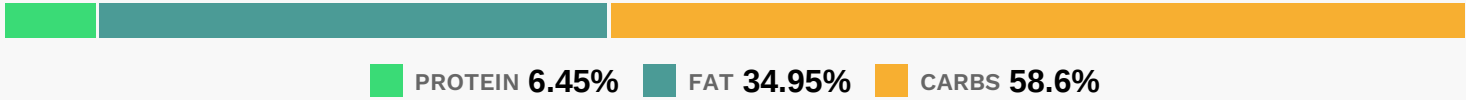
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth.
- ☐ Serve in individual glasses, and top with additional Caramel Sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:16.66, Inflammation Score:-4, Nutrition Score:5.950434838948%

Flavonoids

Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg 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: 283.56kcal (14.18%), Fat: 11.28g (17.35%), Saturated Fat: 6.91g (43.19%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 41.19g (14.98%), Sugar: 37.44g (41.6%), Cholesterol: 44.57mg (14.86%), Sodium: 162.32mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin B2: 0.28mg (16.51%), Calcium: 163.58mg (16.36%), Phosphorus: 138.81mg (13.88%), Potassium: 337.22mg (9.63%), Vitamin A: 475.69IU (9.51%), Vitamin B12: 0.54µg (9.03%), Vitamin B6: 0.16mg (8.01%), Vitamin B5: 0.77mg (7.67%), Magnesium: 24.65mg (6.16%), Fiber: 1.37g (5.48%), Zinc: 0.79mg (5.29%), Manganese: 0.09mg (4.66%), Vitamin B1: 0.06mg (4.06%), Selenium: 2.73µg (3.9%), Vitamin C: 3.05mg (3.69%), Vitamin D: 0.46µg (3.05%), Folate: 10.62µg (2.66%), Vitamin E: 0.33mg (2.23%), Copper: 0.04mg (2.16%), Vitamin B3: 0.32mg (1.58%)