



Banana-Caramel Milkshake



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



137 kcal

DESSERT

BEVERAGE

DRINK

Ingredients



1 large banana frozen sliced



2 teaspoons caramel sundae syrup fat-free



0.5 cup milk 1% low-fat



0.3 cup whipped cream low-fat

Equipment



blender

Directions

- ☐ Combine all ingredients in a blender; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.39, Glycemic Load:9.52, Inflammation Score:-3, Nutrition Score:5.8421739598979%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 137.37kcal (6.87%), Fat: 1.7g (2.62%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 26.91g (9.78%), Sugar: 19.98g (22.2%), Cholesterol: 8.08mg (2.69%), Sodium: 65.03mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin B6: 0.29mg (14.68%), Calcium: 112.25mg (11.23%), Potassium: 382.05mg (10.92%), Vitamin B2: 0.18mg (10.63%), Phosphorus: 98.42mg (9.84%), Manganese: 0.19mg (9.52%), Vitamin B12: 0.46µg (7.73%), Vitamin C: 6.18mg (7.5%), Fiber: 1.83g (7.3%), Magnesium: 28.5mg (7.13%), Vitamin B5: 0.54mg (5.44%), Vitamin A: 251.48IU (5.03%), Vitamin D: 0.67µg (4.45%), Vitamin B1: 0.06mg (4.32%), Folate: 16.08µg (4.02%), Selenium: 2.4µg (3.43%), Zinc: 0.49mg (3.3%), Copper: 0.06mg (2.84%), Vitamin B3: 0.54mg (2.72%), Iron: 0.21mg (1.18%)