

Banana Colada



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fluid ounces banana liqueur
- ☐ 2 bananas ripe mashed
- ☐ 4 fluid ounces cream of coconut
- ☐ 3 cups ice cubes crushed
- ☐ 6 fluid ounces rum

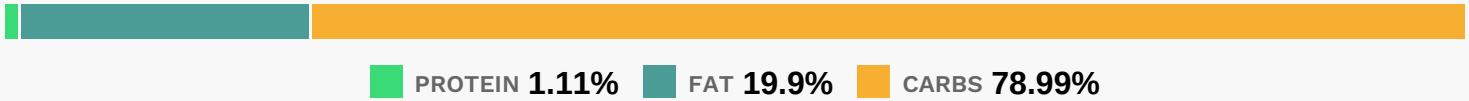
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine bananas, cream of coconut, rum, banana liqueur and ice. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:6.53, Inflammation Score:-3, Nutrition Score:2.9343478018823%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 391.78kcal (19.59%), Fat: 5.12g (7.88%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 43.25g (15.73%), Sugar: 38.42g (42.69%), Cholesterol: 0mg (0%), Sodium: 24.69mg (1.07%), Alcohol: 22.31g (100%), Alcohol %: 8.32% (100%), Protein: 0.64g (1.29%), Vitamin B6: 0.22mg (10.85%), Fiber: 2.52g (10.07%), Manganese: 0.17mg (8.36%), Vitamin C: 5.13mg (6.22%), Potassium: 212.11mg (6.06%), Magnesium: 17.7mg (4.43%), Copper: 0.08mg (4.19%), Folate: 11.8µg (2.95%), Vitamin B2: 0.04mg (2.64%), Vitamin B3: 0.4mg (1.99%), Vitamin B5: 0.2mg (1.97%), Phosphorus: 14.75mg (1.48%), Vitamin B1: 0.02mg (1.4%)