

Banana Monkey



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients



0.3 banana mashed



1 fluid ounce coffee-flavored liqueur kahlua® (such as)



1 cup ice cubes



1 fluid ounce vodka



1 cup pina colada mix



1 cup pina colada mix

Equipment



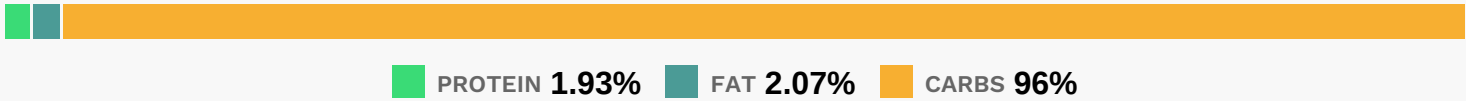
blender

Directions

- ☐
- Place pina colada mix, coffee-flavored liqueur, vodka, banana, and 1/2 cup of ice into a blender. Cover, and puree until smooth.

☐

Nutrition Facts



Properties

Glycemic Index:69.78, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:1.890869565632%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.74kcal (10.24%), Fat: 0.22g (0.34%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 21.78g (7.92%), Sugar: 18.64g (20.71%), Cholesterol: 0mg (0%), Sodium: 14.88mg (0.65%), Alcohol: 16.29g (100%), Alcohol %: 6.16% (100%), Protein: 0.46g (0.92%), Vitamin B6: 0.14mg (7.22%), Manganese: 0.11mg (5.31%), Vitamin C: 3.42mg (4.15%), Fiber: 1.02g (4.09%), Potassium: 141.11mg (4.03%), Copper: 0.07mg (3.57%), Magnesium: 12.99mg (3.25%), Folate: 7.87µg (1.97%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.13mg (1.31%), Vitamin B3: 0.26mg (1.31%), Phosphorus: 10.13mg (1.01%)