



Bananas Foster Milkshake

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



928 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1 overly banana ripe peeled cut into chunks
- ☐ 1 slices banana for garnish
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce plus more for garnish recommended: Fran's
- ☐ 1 tablespoon rum dark
- ☐ 1 pinch ground cinnamon
- ☐ 10 ounces whipped cream
- ☐ 1 serving whipped cream for garnish
- ☐ 0.3 cup milk whole

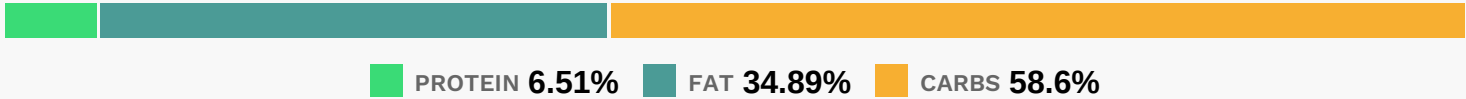
Equipment

☐ blender

Directions

- ☐ In a blender, combine the banana, caramel sauce, cinnamon, rum, if using, and milk and blend until smooth.
- ☐ Add the ice cream and blend until incorporated.
- ☐ Pour into a tall glass, and garnish with a dollop of whipped cream, a few slices of banana and a drizzle of caramel sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:283.56, Glycemic Load:56.29, Inflammation Score:-8, Nutrition Score:20.605652296025%

Flavonoids

Catechin: 8.17mg, Catechin: 8.17mg, Catechin: 8.17mg, Catechin: 8.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 927.5kcal (46.37%), Fat: 35.56g (54.72%), Saturated Fat: 21.74g (135.89%), Carbohydrates: 134.37g (44.79%), Net Carbohydrates: 128.8g (46.83%), Sugar: 113.05g (125.61%), Cholesterol: 139.06mg (46.35%), Sodium: 452.36mg (19.67%), Alcohol: 5.01g (100%), Alcohol %: 1.1% (100%), Protein: 14.93g (29.87%), Vitamin B2: 0.89mg (52.65%), Calcium: 505.36mg (50.54%), Phosphorus: 437.4mg (43.74%), Potassium: 1213.15mg (34.66%), Vitamin B6: 0.68mg (34.02%), Vitamin A: 1503.57IU (30.07%), Vitamin B12: 1.66µg (27.73%), Vitamin B5: 2.51mg (25.06%), Manganese: 0.45mg (22.68%), Magnesium: 89.23mg (22.31%), Fiber: 5.57g (22.3%), Zinc: 2.52mg (16.82%), Vitamin C: 13.65mg (16.54%), Vitamin B1: 0.21mg (13.77%), Selenium: 8.81µg (12.59%), Folate: 42.3µg (10.57%), Vitamin D: 1.49µg (9.9%), Copper: 0.17mg (8.75%), Vitamin E: 1.1mg (7.31%), Vitamin B3: 1.31mg (6.57%), Iron: 0.63mg (3.5%), Vitamin K: 1.94µg (1.85%)