



Caramel Mudslide

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- 1.5 cups banana ripe sliced (2 bananas)
- 0.3 cup caramel sundae syrup fat-free
- 0.5 cup milk 1% low-fat
- 2 cups whipped cream low-fat
- 2 tablespoons macadamia nuts toasted chopped
- 0.3 cup frangelico dark (hazelnut-flavored liqueur)
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Equipment

blender

Directions

- Combine first 4 ingredients in a blender; process until smooth.
- Pour evenly into 6 glasses; gently stir 1 tablespoon syrup into each glass.
- Sprinkle evenly with nuts.
- Note: Substitute 1% low-fat milk for Frangelico, if desired.

Nutrition Facts

 **PROTEIN 8.4%**  **FAT 25.78%**  **CARBS 65.82%**

Properties

Glycemic Index:16.8, Glycemic Load:9.49, Inflammation Score:-3, Nutrition Score:5.2391304425571%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg 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: 177.3kcal (8.87%), Fat: 5.28g (8.13%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 28.93g (10.52%), Sugar: 22.27g (24.74%), Cholesterol: 14.66mg (4.89%), Sodium: 77.82mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Manganese: 0.25mg (12.34%), Calcium: 115.68mg (11.57%), Vitamin B2: 0.19mg (11.15%), Vitamin B6: 0.18mg (9.07%), Phosphorus: 90.63mg (9.06%), Potassium: 289.39mg (8.27%), Vitamin B12: 0.38µg (6.25%), Magnesium: 24.38mg (6.1%), Vitamin B1: 0.09mg (5.97%), Vitamin A: 298.01IU (5.96%), Fiber: 1.41g (5.65%), Vitamin C: 3.96mg (4.8%), Vitamin B5: 0.48mg (4.8%), Zinc: 0.55mg (3.69%), Copper: 0.06mg (3.16%), Selenium: 2.04µg (2.92%), Folate: 11.49µg (2.87%), Vitamin B3: 0.42mg (2.11%), Vitamin D: 0.27µg (1.78%), Iron: 0.32mg (1.76%)