



Caramelized Banana Shake



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 small bananas ripe halved lengthwise
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon for garnishing
- ☐ 1 cup ice cubes
- ☐ 1 cup milk
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipped cream

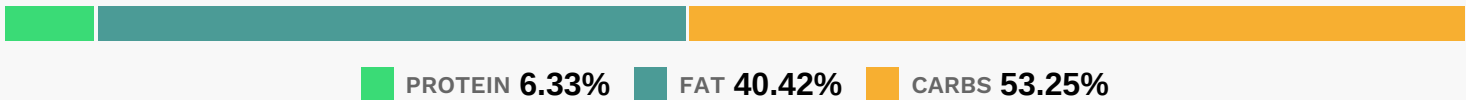
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a nonstick pan over medium heat add the butter. Once the butter melts add the brown sugar and let the sugar melt and become bubbly.
- ☐ Add the bananas and cook until caramelized, about 2 minutes per side.
- ☐ Let cool slightly.
- ☐ Mix the ice, ice cream, milk, vanilla and bananas in a blender until smooth but still thick.
- ☐ Pour the shake into 4 chilled glasses and sprinkle with the cinnamon.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:14.08, Inflammation Score:-4, Nutrition Score:7.1799999216328%

Flavonoids

Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 248.82kcal (12.44%), Fat: 11.51g (17.71%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 31.79g (11.56%), Sugar: 25.13g (27.92%), Cholesterol: 36.89mg (12.3%), Sodium: 55.86mg (2.43%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 4.06g (8.12%), Vitamin B6: 0.33mg (16.72%), Calcium: 132.11mg (13.21%), Vitamin B2: 0.22mg (13.07%), Manganese: 0.26mg (12.98%), Potassium: 440.57mg (12.59%), Phosphorus: 115.07mg (11.51%), Fiber: 2.33g (9.33%), Vitamin A: 461.9IU (9.24%), Magnesium: 33.93mg (8.48%), Vitamin C: 6.8mg (8.24%), Vitamin B12: 0.47µg (7.83%), Vitamin B5: 0.69mg (6.89%), Vitamin D: 0.84µg (5.61%), Vitamin B1: 0.07mg (4.78%), Folate: 17.08µg (4.27%), Copper: 0.08mg (4.11%), Zinc: 0.61mg (4.07%), Selenium: 2.66µg (3.8%), Vitamin B3: 0.62mg (3.12%), Vitamin E: 0.37mg (2.49%), Iron: 0.29mg (1.63%), Vitamin K: 1.23µg (1.17%)