



Chocolate Banana Latte Shake

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana
- ☐ 3 tablespoons chocolate syrup
- ☐ 0.5 cup hot-brewed coffee cold
- ☐ 2 cups ice cubes crushed
- ☐ 0.5 cup milk
- ☐ 3 tablespoons whipped cream

Equipment

- ☐ blender

Directions

☐ Combine the milk, coffee, banana, ice cream, chocolate syrup, and ice in a blender; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:76.89, Glycemic Load:10.71, Inflammation Score:-4, Nutrition Score:7.4726087269576%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 219.32kcal (10.97%), Fat: 4.94g (7.6%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 38.6g (14.03%), Sugar: 29.73g (33.03%), Cholesterol: 17.08mg (5.69%), Sodium: 76.13mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.5mg (8.5%), Protein: 4.12g (8.24%), Manganese: 0.29mg (14.59%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 138.36mg (13.84%), Vitamin B6: 0.27mg (13.34%), Potassium: 443.09mg (12.66%), Magnesium: 50mg (12.5%), Copper: 0.24mg (12.22%), Calcium: 118.85mg (11.89%), Fiber: 2.47g (9.88%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.42µg (6.93%), Vitamin C: 5.33mg (6.46%), Zinc: 0.75mg (4.97%), Vitamin B1: 0.07mg (4.84%), Vitamin D: 0.72µg (4.77%), Vitamin A: 229.96IU (4.6%), Iron: 0.81mg (4.51%), Folate: 14.69µg (3.67%), Selenium: 2.57µg (3.67%), Vitamin B3: 0.69mg (3.46%), Vitamin E: 0.17mg (1.12%)