



Chocolate Banana Martini

 **Gluten Free**

READY IN



5 min.

SERVINGS



1

CALORIES



431 kcal

BEVERAGE

DRINK

Ingredients

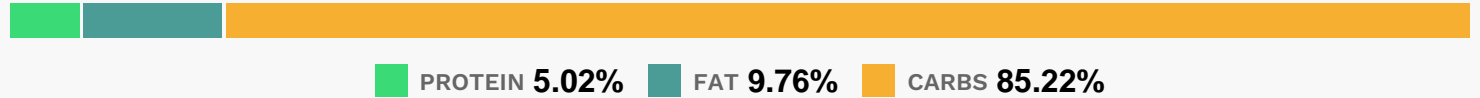
- 0.5 banana peeled sliced lengthwise into quarters
- 1.5 fluid ounce banana liqueur
- 1 teaspoon chocolate syrup
- 1.5 fluid ounce rum / brandy / coffee liqueur flavored
- 1 cup ice crushed
- 0.3 cup milk

Equipment

Directions

- Drizzle chocolate syrup round the inside of a martini glass.
- Combine banana liqueur, coffee liqueur, milk, and ice in a shaker. Shake vigorously, and strain into martini glass.
- Garnish with banana spears.

Nutrition Facts



Properties

Glycemic Index:92.78, Glycemic Load:7.97, Inflammation Score:-5, Nutrition Score:5.6265217428622%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 430.56kcal (21.53%), Fat: 2.99g (4.6%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 57.03g (20.74%), Sugar: 51.62g (57.35%), Cholesterol: 9.76mg (3.25%), Sodium: 50.47mg (2.19%), Alcohol: 20.87g (100%), Alcohol %: 5.62% (100%), Protein: 3.46g (6.92%), Vitamin B6: 0.27mg (13.32%), Calcium: 110.79mg (11.08%), Phosphorus: 101.58mg (10.16%), Potassium: 344.42mg (9.84%), Vitamin B2: 0.16mg (9.28%), Manganese: 0.18mg (9.08%), Magnesium: 31.31mg (7.83%), Vitamin B12: 0.44µg (7.32%), Fiber: 1.66g (6.66%), Vitamin C: 5.14mg (6.23%), Vitamin D: 0.89µg (5.96%), Copper: 0.11mg (5.51%), Vitamin B5: 0.5mg (5.01%), Vitamin B1: 0.06mg (4.29%), Vitamin A: 169.52IU (3.39%), Zinc: 0.48mg (3.21%), Selenium: 2.21µg (3.15%), Folate: 11.9µg (2.97%), Vitamin B3: 0.49mg (2.47%), Iron: 0.26mg (1.44%)