



## Creamy Banana Blast

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 2 bananas ripe
- 1 cup evaporated milk
- 4 pinches ground cinnamon for garnish
- 1 pinch ground nutmeg
- 2 cups ice cubes crushed
- 1 cup milk
- 2 tablespoons sugar white

### Equipment

blender

## Directions

Blend the bananas, evaporated milk, milk, sugar, ice, and nutmeg in a blender until smooth; pour into glasses and garnish each with a pinch of cinnamon to serve.

## Nutrition Facts



## Properties

Glycemic Index:59.47, Glycemic Load:11.86, Inflammation Score:-4, Nutrition Score:8.5082607994909%

## 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: 201.04kcal (10.05%), Fat: 7.03g (10.82%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 27.41g (9.97%), Sugar: 22.54g (25.04%), Cholesterol: 25.59mg (8.53%), Sodium: 96.66mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Calcium: 256.5mg (25.65%), Phosphorus: 203.65mg (20.37%), Vitamin B2: 0.33mg (19.3%), Manganese: 0.35mg (17.38%), Vitamin B6: 0.29mg (14.36%), Potassium: 498.92mg (14.25%), Magnesium: 40.61mg (10.15%), Fiber: 2.12g (8.47%), Vitamin B5: 0.83mg (8.3%), Vitamin C: 6.38mg (7.73%), Vitamin B12: 0.43µg (7.17%), Vitamin A: 290.36IU (5.81%), Zinc: 0.86mg (5.73%), Vitamin B1: 0.08mg (5.54%), Vitamin D: 0.73µg (4.89%), Selenium: 3.27µg (4.67%), Folate: 17.09µg (4.27%), Copper: 0.08mg (4.1%), Vitamin B3: 0.6mg (2.98%), Iron: 0.37mg (2.04%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.17µg (1.11%)