

# Dirty Banana

 **Gluten Free**  **Dairy Free**

READY IN



**3 min.**

SERVINGS



**1**

CALORIES



**577 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 banana sliced
- 1 fluid ounce banana liqueur
- 1 tablespoon chocolate syrup
- 1 fluid ounce rum / brandy / coffee liqueur flavored
- 0.3 cup pineapple juice
- 1 scoop whipped cream
- 0.3 cup whipped cream

## Equipment

blender

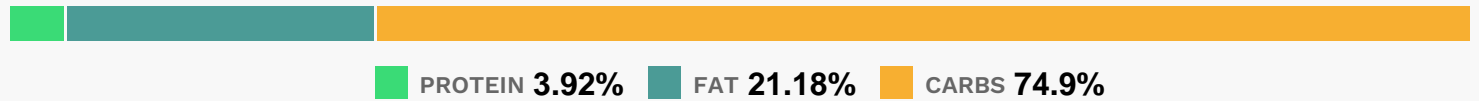
## Directions

In a blender, combine ice cream, coffee liqueur, banana liqueur and pineapple juice. Blend until smooth.

Drizzle chocolate syrup decoratively into a fluted glass.

Pour blended mixture into glasses and garnish with whipped cream and a slice of banana.

## Nutrition Facts



## Properties

Glycemic Index:216.78, Glycemic Load:26.75, Inflammation Score:-6, Nutrition Score:11.040000055147%

## Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 577.46kcal (28.87%), Fat: 11.37g (17.49%), Saturated Fat: 6.83g (42.66%), Carbohydrates: 90.42g (30.14%), Net Carbohydrates: 86.26g (31.37%), Sugar: 70.76g (78.62%), Cholesterol: 40.44mg (13.48%), Sodium: 73.13mg (3.18%), Alcohol: 13.92g (100%), Alcohol %: 5.23% (100%), Protein: 4.74g (9.48%), Manganese: 0.7mg (34.89%), Vitamin B6: 0.53mg (26.55%), Vitamin C: 16.6mg (20.12%), Potassium: 697.33mg (19.92%), Fiber: 4.17g (16.67%), Vitamin B2: 0.28mg (16.28%), Magnesium: 62.83mg (15.71%), Phosphorus: 139.13mg (13.91%), Copper: 0.25mg (12.59%), Calcium: 116mg (11.6%), Folate: 38.37µg (9.59%), Vitamin A: 459.08IU (9.18%), Vitamin B5: 0.86mg (8.59%), Vitamin B1: 0.11mg (7.01%), Zinc: 0.9mg (5.99%), Iron: 0.98mg (5.44%), Vitamin B3: 1.05mg (5.27%), Vitamin B12: 0.3µg (5.02%), Selenium: 2.92µg (4.17%), Vitamin E: 0.43mg (2.85%), Vitamin K: 1.35µg (1.29%), Vitamin D: 0.19µg (1.28%)