



## Funky Monkey



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 banana ripe
- 2 tablespoons banana liqueur
- 6 servings ice cubes
- 2 tablespoons baileys irish cream
- 1 tablespoon butterscotch liqueur
- 1 tablespoon gold rum
- 1 tablespoon simple syrup glaze

## Equipment

blender

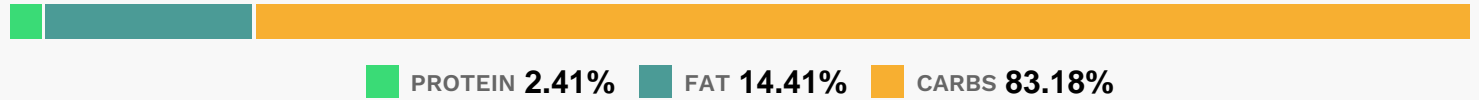
## Directions

Process first 6 ingredients in a blender until smooth.

Add ice to 1 1/2-cup level; process until slushy.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.63, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:0.5308695634746%

## Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 67.3kcal (3.37%), Fat: 0.68g (1.05%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.61g (3.13%), Sugar: 7.55g (8.38%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 3.77g (100%), Alcohol %: 5.68% (100%), Protein: 0.26g (0.51%), Vitamin B6: 0.04mg (1.81%), Manganese: 0.03mg (1.35%), Potassium: 37.35mg (1.07%), Vitamin C: 0.86mg (1.04%), Fiber: 0.26g (1.02%)