

Funky Monkey

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

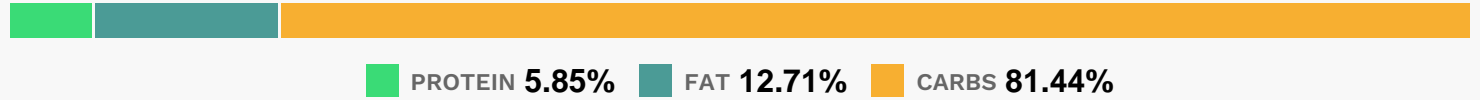
- 10 fluid ounce bacardi® mixers banana daiquiri mix frozen canned
- 0.3 cup chocolate liqueur white godiva®
- 5 cups ice cubes
- 5 servings godiva liqueur for garnish
- 0.5 cup bacardi® rum

Equipment

Directions

- Blend together BACARDI®
- Mixers Banana Daiquiri mix, Godiva, BACARDI® Rum and ice for 45 to 60 seconds or until uniform.
- Top with chocolate syrup or Godiva and garnish with banana.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:3.63, Inflammation Score:-8, Nutrition Score:5.138695653366%

Nutrients (% of daily need)

Calories: 446.89kcal (22.34%), Fat: 5.39g (8.29%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 77.72g (25.91%), Net Carbohydrates: 74.55g (27.11%), Sugar: 50.4g (56%), Cholesterol: 1.85mg (0.62%), Sodium: 312.55mg (13.59%), Alcohol: 8.02g (100%), Alcohol %: 2.76% (100%), Protein: 5.58g (11.16%), Vitamin A: 1599.42IU (31.99%), Iron: 2.37mg (13.14%), Fiber: 3.17g (12.68%), Copper: 0.25mg (12.65%), Manganese: 0.16mg (7.89%), Magnesium: 29.42mg (7.36%), Calcium: 71.61mg (7.16%), Phosphorus: 68.05mg (6.8%), Potassium: 115.25mg (3.29%), Vitamin C: 2.61mg (3.16%), Vitamin B2: 0.05mg (2.69%), Zinc: 0.39mg (2.6%), Selenium: 0.96µg (1.37%)