

Funky Monkey

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 large banana
- ☐ 3 tablespoons chocolate syrup
- ☐ 4 cups roast coffee dark hot brewed
- ☐ 20 cubes ice cubes
- ☐ 0.3 cup condensed milk fat free sweetened
- ☐ 1.5 scoops vanilla whey protein powder flavored

Equipment

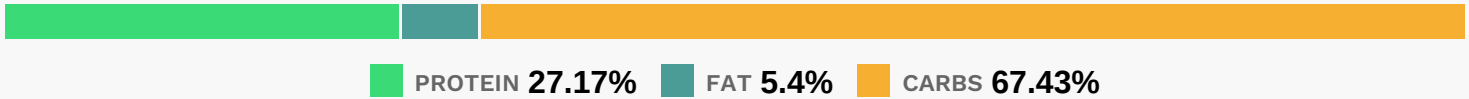
- ☐ blender

kitchen towels

Directions

Place the hot coffee, banana, condensed milk, chocolate syrup, and protein powder into a blender. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the coffee moving before leaving it on to puree until smooth. Divide ice cubes into 4 large glasses, and pour coffee mixture over the ice.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:4.6652174229207%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 170.79kcal (8.54%), Fat: 1.08g (1.66%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.03g (10.56%), Sugar: 24.01g (26.68%), Cholesterol: 18.75mg (6.25%), Sodium: 61.91mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 95.7mg (31.9%), Protein: 12.21g (24.42%), Vitamin B2: 0.21mg (12.5%), Calcium: 117.36mg (11.74%), Manganese: 0.2mg (10.18%), Potassium: 305.2mg (8.72%), Magnesium: 32.37mg (8.09%), Vitamin B5: 0.72mg (7.17%), Phosphorus: 66.19mg (6.62%), Iron: 1.18mg (6.55%), Vitamin B6: 0.13mg (6.4%), Copper: 0.12mg (5.96%), Fiber: 1.27g (5.1%), Vitamin B3: 0.73mg (3.64%), Vitamin C: 2.99mg (3.62%), Vitamin B1: 0.05mg (3%), Folate: 11.84µg (2.96%), Vitamin A: 98.41IU (1.97%), Zinc: 0.21mg (1.43%)