

What She Ate

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Hummingbird



Vegetarian



Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

1

CALORIES

calories

279 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 banana
- ☐ 1 fluid ounce rum / brandy / coffee liqueur flavored
- ☐ 1 cup ice cubes crushed
- ☐ 1 fluid ounce milk
- ☐ 0.5 fluid ounce strawberry syrup flavored
- ☐ 1 fluid ounce rum cream liqueur

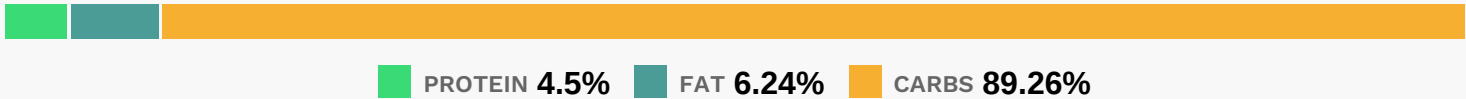
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine rum cream liqueur, coffee liqueur, milk and strawberry syrup.
- ☐ Add the banana and crushed ice. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:107.78, Glycemic Load:7.05, Inflammation Score:-3, Nutrition Score:3.7791304406912%

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: 278.72kcal (13.94%), Fat: 1.23g (1.89%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 38.05g (13.84%), Sugar: 31.26g (34.73%), Cholesterol: 3.55mg (1.18%), Sodium: 36.81mg (1.6%), Alcohol: 16.29g (100%), Alcohol %: 5.17% (100%), Protein: 1.99g (3.99%), Vitamin B6: 0.23mg (11.74%), Manganese: 0.17mg (8.29%), Potassium: 256.17mg (7.32%), Vitamin C: 5.13mg (6.22%), Fiber: 1.53g (6.14%), Calcium: 56.28mg (5.63%), Magnesium: 21.84mg (5.46%), Vitamin B2: 0.09mg (5%), Copper: 0.09mg (4.52%), Phosphorus: 44.03mg (4.4%), Vitamin B5: 0.31mg (3.07%), Folate: 11.8µg (2.95%), Vitamin B12: 0.16µg (2.66%), Vitamin B1: 0.04mg (2.44%), Vitamin D: 0.33µg (2.17%), Vitamin B3: 0.43mg (2.14%), Vitamin A: 85.66IU (1.71%), Selenium: 1.15µg (1.65%), Zinc: 0.25mg (1.63%)