

Smooth Operator

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium banana
- 8 ounces cup heavy whipping cream
- 1 cup ice cubes
- 1 ounce baileys irish cream
- 1 ounce rum / brandy / coffee liqueur
- 3 ounces frangelico
- 3 ounces frangelico

Equipment

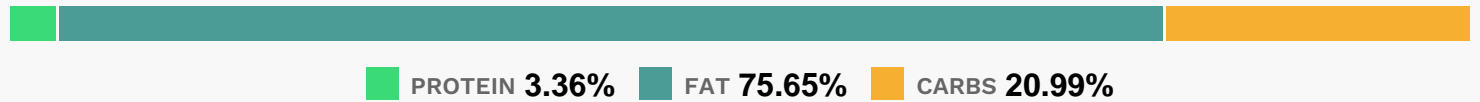
blender

Directions

Place all of the ingredients except the ice in a blender.

Add the ice and blend until smooth, about 30 seconds.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:2.18, Inflammation Score:-4, Nutrition Score:2.4391304254532%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.68kcal (8.88%), Fat: 14.34g (22.06%), Saturated Fat: 9.1g (56.87%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.66g (7.4%), Cholesterol: 42.72mg (14.24%), Sodium: 12.76mg (0.55%), Alcohol: 1.66g (100%), Alcohol %: 1.98% (100%), Protein: 1.43g (2.87%), Vitamin A: 568.24IU (11.36%), Vitamin B2: 0.09mg (5.02%), Vitamin B6: 0.09mg (4.27%), Vitamin D: 0.6µg (4.03%), Potassium: 106.32mg (3.04%), Calcium: 27.11mg (2.71%), Manganese: 0.05mg (2.67%), Phosphorus: 26.25mg (2.63%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.94mg (2.35%), Magnesium: 8.35mg (2.09%), Fiber: 0.51g (2.05%), Selenium: 1.33µg (1.9%), Vitamin B5: 0.16mg (1.62%), Folate: 5.45µg (1.36%), Copper: 0.03mg (1.29%), Vitamin K: 1.31µg (1.25%), Vitamin B12: 0.06µg (1.01%)