



Amazing Banana Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



310 min.

SERVINGS



5

CALORIES



194 kcal

DESSERT

Ingredients



1 cup banana mashed



1 cup water



1 cup sugar white

Equipment



sauce pan



mixing bowl



baking pan

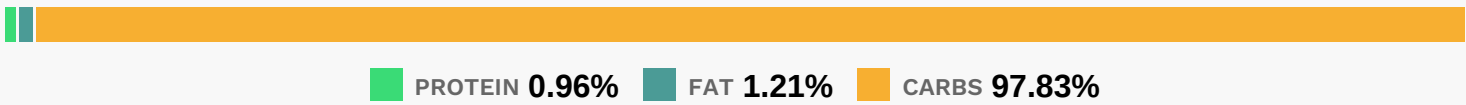


hand mixer

Directions

- ☐ In a small saucepan, stir together sugar and water. Bring to a boil, then remove from heat and allow to cool.
- ☐ When the sugar syrup is cool, stir in bananas.
- ☐ Pour into a freezer – safe baking dish. Freeze for 3 to 4 hours, until set at the edges.
- ☐ Remove from the freezer and transfer to a mixing bowl. Use an electric mixer to beat until smooth. Return to the freezer until gently set, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:32.9, Inflammation Score:-1, Nutrition Score:2.0526087148034%

Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.05kcal (9.7%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 48.93g (17.79%), Sugar: 45.41g (50.46%), Cholesterol: 0mg (0%), Sodium: 3.22mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin B6: 0.17mg (8.26%), Manganese: 0.12mg (6.15%), Vitamin C: 3.91mg (4.75%), Fiber: 1.17g (4.68%), Potassium: 161.9mg (4.63%), Magnesium: 12.62mg (3.16%), Vitamin B2: 0.04mg (2.38%), Copper: 0.05mg (2.27%), Folate: 9µg (2.25%), Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.3mg (1.5%)