



Banana Bread Ice Cream



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



740 kcal

DESSERT

Ingredients

- ☐ 1 pound banana very ripe peeled sliced into coins () (4)
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon rum dark
- ☐ 2 cups half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup sugar raw (turbinado)
- ☐ 0.5 teaspoon vanilla extract

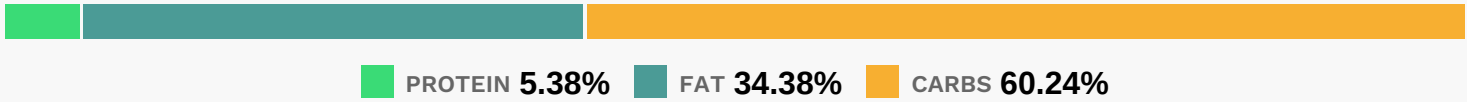
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Heat oven to 350°F. Toss banana slices with salt and sugar in a baking dish.
- ☐ Bake for 25 to 30 minutes, until sugar bubbles in a thick syrup and bananas are very aromatic.
- ☐ Transfer bananas to food processor or blender and purée with lemon juice. When no chunks remain, add half and half, cinnamon, clove, rum, and vanilla—blend till smooth. If necessary, adjust seasonings to taste, and transfer to an airtight container to chill for several hours until base is very cold.
- ☐ Churn banana mixture in an ice cream machine according to manufacturer's instructions. About five minutes before ice cream is ready, add nuts.
- ☐ Serve immediately as soft serve or transfer to freezer to chill for several hours until firm.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:25.1, Inflammation Score:-7, Nutrition Score:17.739130248194%

Flavonoids

Catechin: 13.83mg, Catechin: 13.83mg, Catechin: 13.83mg, Catechin: 13.83mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 740.36kcal (37.02%), Fat: 28.59g (43.99%), Saturated Fat: 17.27g (107.93%), Carbohydrates: 112.72g (37.57%), Net Carbohydrates: 106.55g (38.74%), Sugar: 87.46g (97.18%), Cholesterol: 84.7mg (28.23%), Sodium: 733mg (31.87%), Alcohol: 2.85g (100%), Alcohol %: 0.68% (100%), Protein: 10.08g (20.15%), Vitamin B6: 0.96mg (47.78%), Vitamin B2: 0.64mg (37.46%), Manganese: 0.73mg (36.53%), Potassium: 1152.35mg (32.92%), Calcium: 281.91mg (28.19%), Phosphorus: 281.18mg (28.12%), Vitamin C: 22.9mg (27.75%), Fiber: 6.17g (24.68%), Magnesium: 87.02mg (21.75%), Vitamin A: 1003.45IU (20.07%), Vitamin B5: 1.46mg (14.62%), Selenium: 10.03µg (14.33%), Folate: 53.15µg (13.29%), Copper: 0.21mg (10.4%), Vitamin B1: 0.14mg (9.61%), Vitamin B3: 1.79mg (8.93%), Zinc: 1.32mg (8.77%), Vitamin B12: 0.46µg (7.66%), Vitamin E: 0.85mg (5.65%), Iron: 0.95mg (5.27%), Vitamin K: 4.44µg (4.22%)