



Banana Cajeta Cashew Gelato

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



326 kcal

DESSERT

Ingredients

- 2 banana chilled ripe
- 0.5 tablespoon juice of lemon fresh
- 0.5 cup roasted cashews salted frozen coarsely chopped
- 1 tablespoon sugar

Equipment

- whisk
- blender
- ice cream machine

butter knife

Directions

Make the Plain Base and chill as directed.

Place the bananas, sugar, and lemon juice in a blender and add half of the base. Blend until smooth, then whisk into the remaining base.

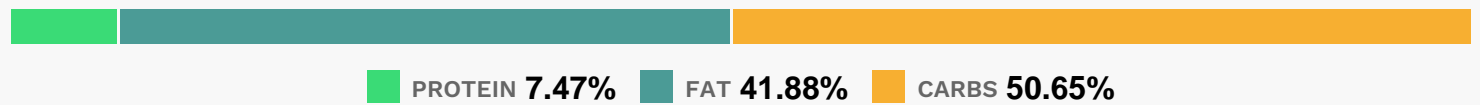
Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions.

Add the cashews 5 minutes before the churning is completed.

Just after churning, drizzle the cajeta over the top and quickly and lightly swirl in a zigzag pattern with a spoon or butter knife.

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Nutrition Facts



Properties

Glycemic Index:62.43, Glycemic Load:17.25, Inflammation Score:-6, Nutrition Score:12.729130371757%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 325.54kcal (16.28%), Fat: 16.29g (25.07%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 40.23g (14.63%), Sugar: 22.19g (24.66%), Cholesterol: 0mg (0%), Sodium: 220.48mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Copper: 0.85mg (42.67%), Magnesium: 121.14mg (30.28%), Manganese: 0.6mg (30.11%), Vitamin B6: 0.52mg (26.12%), Phosphorus: 194.09mg (19.41%),

Potassium: 619.93mg (17.71%), Fiber: 4.11g (16.43%), Vitamin C: 11.72mg (14.2%), Zinc: 2.1mg (13.98%), Iron: 2.37mg (13.15%), Folate: 47.98µg (12%), Vitamin K: 12.47µg (11.88%), Vitamin B2: 0.16mg (9.2%), Vitamin B5: 0.82mg (8.16%), Selenium: 5.23µg (7.47%), Vitamin B1: 0.11mg (7.07%), Vitamin B3: 1.27mg (6.34%), Vitamin E: 0.44mg (2.92%), Calcium: 21.6mg (2.16%), Vitamin A: 75.75IU (1.51%)