



Banana Cajeta Cashew Gelato



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



326 kcal

DESSERT

Ingredients

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

Equipment

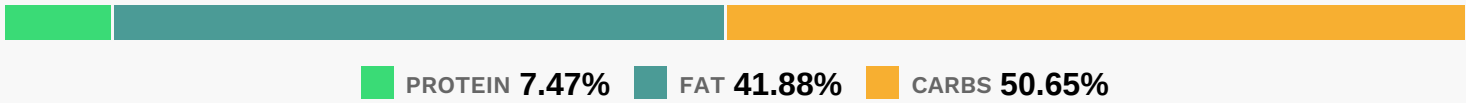
- ☐ whisk
- ☐ blender
- ☐ ice cream machine

☐ 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%)