



Banana-Coconut Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 1.5 cups banana ripe mashed (3 bananas)
- ☐ 1 cup cream of coconut
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 0.3 cup sugar

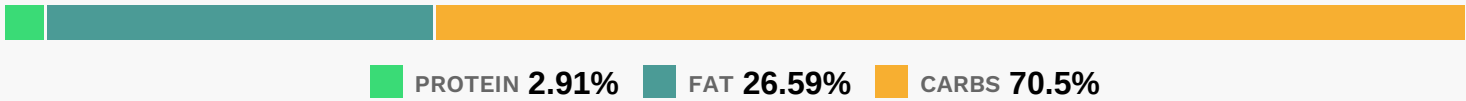
Equipment

- ☐ bowl

Directions

- ☐
- Combine first 3 ingredients in a medium bowl, stirring until sugar dissolves. Stir in banana; cover and chill.
- ☐
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:15.61, Glycemic Load:8.93, Inflammation Score:-1, Nutrition Score:2.7643478162911%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 239.45kcal (11.97%), Fat: 7.16g (11.02%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 40.77g (14.83%), Sugar: 38.65g (42.95%), Cholesterol: 3.54mg (1.18%), Sodium: 39.66mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Fiber: 1.96g (7.85%), Vitamin B2: 0.1mg (6.12%), Vitamin B6: 0.12mg (6%), Calcium: 54.59mg (5.46%), Phosphorus: 46.9mg (4.69%), Potassium: 162.8mg (4.65%), Manganese: 0.08mg (4.12%), Vitamin B12: 0.23µg (3.91%), Magnesium: 12.46mg (3.12%), Vitamin C: 2.54mg (3.07%), Vitamin B5: 0.25mg (2.51%), Selenium: 1.44µg (2.05%), Folate: 7.84µg (1.96%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.26mg (1.7%), Vitamin A: 63.13IU (1.26%), Copper: 0.03mg (1.26%), Vitamin B3: 0.23mg (1.14%)