



Banana Fosters Ice Cream

 Gluten Free

READY IN



320 min.

SERVINGS



6

CALORIES



1105 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon banana extract
- ☐ 6 servings bananas sliced for serving
- ☐ 2 tablespoons plus light
- ☐ 1 tablespoon rum dark
- ☐ 2 tablespoons rum dark
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups heavy whipping cream chilled
- ☐ 1 cup brown sugar light

- ☐ 2 cups condensed milk sweetened chilled
- ☐ 1 stick butter unsalted
- ☐ 6 servings whipped cream for serving
- ☐ 0.5 cup whipping cream

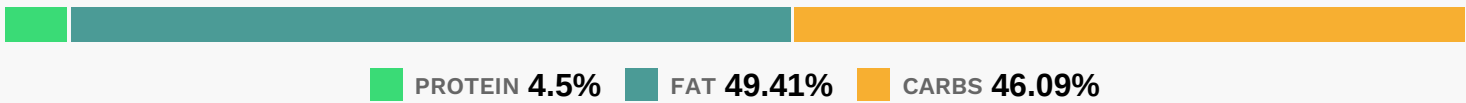
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ measuring cup
- ☐ ice cream machine

Directions

- ☐ Whisk together the condensed milk, whipping cream, rum, banana extract, and cinnamon in a large measuring cup. Refrigerate until cold.
- ☐ Turn your ice cream machine on and pour in the cold cream mixture. Churn until the mixture looks slushy like soft serve, about 12 to 15 minutes.
- ☐ Transfer the ice cream to another container and put plastic wrap on top of the ice cream. Cover the container tightly with a lid. Freeze for several hours until firm enough to scoop.
- ☐ Serve over sliced bananas with a drizzle of warm Rum Sauce, and whipped cream.
- ☐ Melt butter in saucepan. Stir in sugar and stir until it dissolves.
- ☐ Whisk in whipping cream, corn syrup, rum, and cinnamon. Simmer for a few minutes so the flavors can marry.
- ☐ Remove from heat and cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:49.27, Inflammation Score:-9, Nutrition Score:18.459564996802%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg 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: 1105.01kcal (55.25%), Fat: 61.71g (94.95%), Saturated Fat: 39.05g (244.09%), Carbohydrates: 129.53g (43.18%), Net Carbohydrates: 126.16g (45.88%), Sugar: 115.45g (128.28%), Cholesterol: 191.79mg (63.93%), Sodium: 175.03mg (7.61%), Alcohol: 2.51g (100%), Alcohol %: 0.78% (100%), Protein: 12.66g (25.32%), Vitamin A: 2322.97IU (46.46%), Vitamin B2: 0.71mg (41.96%), Calcium: 405.07mg (40.51%), Phosphorus: 355.03mg (35.5%), Selenium: 20.1µg (28.71%), Vitamin B6: 0.57mg (28.38%), Potassium: 986.76mg (28.19%), Manganese: 0.4mg (20.1%), Magnesium: 71.99mg (18%), Vitamin C: 14.22mg (17.23%), Vitamin B5: 1.53mg (15.27%), Vitamin D: 2.1µg (13.98%), Fiber: 3.36g (13.46%), Vitamin E: 1.68mg (11.2%), Vitamin B12: 0.66µg (10.95%), Vitamin B1: 0.16mg (10.58%), Folate: 41.51µg (10.38%), Zinc: 1.47mg (9.83%), Copper: 0.15mg (7.37%), Vitamin B3: 1.17mg (5.86%), Vitamin K: 5.9µg (5.62%), Iron: 0.9mg (5.03%)