



Banana Ice Cream



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



7

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 4 bananas ripe
- ☐ 0.5 cup plus light
- ☐ 1 cup heavy cream
- ☐ 1 Teaspoon vanilla essence

Equipment

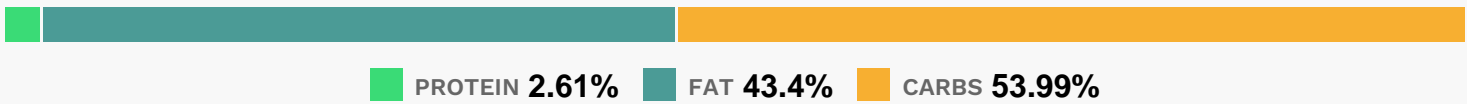
- ☐ whisk
- ☐ blender
- ☐ spatula

☐ ice cream machine

Directions

- ☐ Peel the bananas and place it in a blender. Blend it alongwith the lemon juice.
- ☐ Add corn syrup and vanilla essence and blend it once again.
- ☐ Add the cream and blend it until smooth.
- ☐ Transfer the mixture to a container and chill it in the refrigerator until it reaches 40 degrees. If you don't have an ice cream maker, check here for detailed instructions) Even before starting the process of making the ice cream, put a stainless steel container or any other freezer safe container in the freezer until the ice cream mixture is ready. Once the mixture is ready transfer it to the frozen container and close it with a lid. After 45 minutes, open the door and check it. As it starts to freeze near the edges beat it up either using a spatula, whisk or stick blender to break any frozen sections. Return to freezer. Keep checking it periodically and stirring while it freezes until the ice cream is frozen. It will take 2-3 hours to be ready. I started making the ice cream very late in the evening, so I was able to do the above process only twice. I had to put the ice cream in the freezer overnight. The next day evening when I checked the ice cream had frozen rock hard and I was not able to scoop it. So I transferred the container from the freezer to the refrigerator. After about 45 minutes I was able to get the perfect scoop of delicious homemade ice cream. First scoop of homemade ice cream. I also added some chocolate chips to the ice cream mixture. The ice cream was so DELICIOUS!!!

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:11.02, Inflammation Score:-4, Nutrition Score:4.4591303882392%

Flavonoids

Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 246.19kcal (12.31%), Fat: 12.55g (19.3%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.36g (12.13%), Sugar: 28g (31.11%), Cholesterol: 38.42mg (12.81%), Sodium: 25.01mg (1.09%),

Alcohol: 0.2g (100%), Alcohol %: 0.2% (100%), Protein: 1.7g (3.4%), Vitamin B6: 0.26mg (12.98%), Vitamin A: 542.95IU (10.86%), Manganese: 0.18mg (9.19%), Potassium: 274.78mg (7.85%), Vitamin C: 6.07mg (7.36%), Fiber: 1.75g (7.01%), Vitamin B2: 0.11mg (6.69%), Magnesium: 20.9mg (5.22%), Folate: 14.85µg (3.71%), Vitamin D: 0.54µg (3.63%), Phosphorus: 34.59mg (3.46%), Vitamin B5: 0.31mg (3.12%), Calcium: 29.04mg (2.9%), Copper: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.81%), Selenium: 1.86µg (2.66%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.29mg (1.94%), Vitamin K: 1.43µg (1.36%), Iron: 0.21mg (1.17%)