



Banana Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



60 kcal

Ingredients

- ☐ 3 large bananas ripe peeled mashed
- ☐ 0.8 cup egg substitute
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1.5 teaspoons vanilla extract

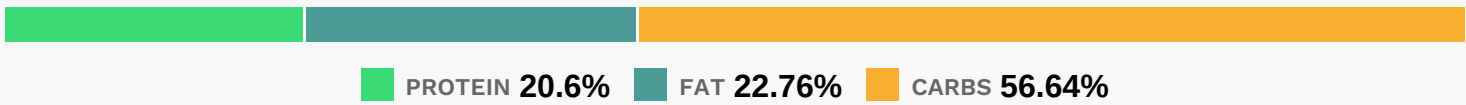
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add mashed banana, lemon juice, and vanilla, stirring well.
- ☐ 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.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:2.82, Inflammation Score:-2, Nutrition Score:3.5695651782596%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 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: 60.08kcal (3%), Fat: 1.56g (2.41%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.09g (6.76%), Cholesterol: 5.79mg (1.93%), Sodium: 49.07mg (2.13%), Alcohol: 0.13g (100%), Alcohol %: 0.21% (100%), Protein: 3.18g (6.37%), Vitamin B2: 0.15mg (9.08%), Selenium: 5.91µg (8.44%), Calcium: 75.82mg (7.58%), Phosphorus: 64.93mg (6.49%), Vitamin B6: 0.13mg (6.31%), Potassium: 193.87mg (5.54%), Vitamin B5: 0.45mg (4.54%), Manganese: 0.08mg (3.77%), Magnesium: 14.75mg (3.69%), Vitamin B12: 0.21µg (3.56%), Vitamin C: 2.92mg (3.54%), Fiber: 0.67g (2.66%), Vitamin B1: 0.04mg (2.58%), Zinc: 0.38mg (2.55%), Folate: 9.51µg (2.38%), Vitamin A: 100.01IU (2%), Iron: 0.32mg (1.77%), Vitamin E: 0.23mg (1.56%), Copper: 0.03mg (1.32%), Vitamin D: 0.19µg (1.28%), Vitamin B3: 0.24mg (1.19%)