



Banana ice sundaes with fudge sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

DESSERT

Ingredients

- ☐ 4 banana ripe
- ☐ 500 ml yogurt
- ☐ 50 g brown sugar
- ☐ 1 small handful pecans toasted
- ☐ 50 g country crock buttery spread pure (such as of Vitaquell)
- ☐ 100 g g muscovado sugar light
- ☐ 2 tbsp maple syrup
- ☐ 8 tbsp crumbles

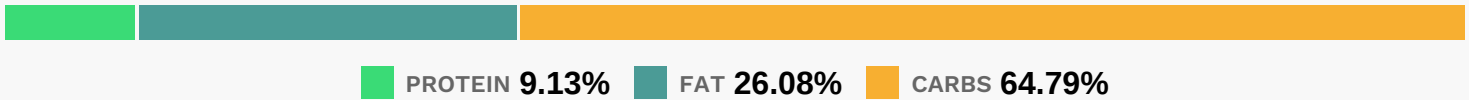
Equipment

- ☐ food processor
- ☐ whisk
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Slice two bananas into a blender or food processor and blitz with the Yofu and sugar for 30 seconds or until smooth.
- ☐ Churn in an ice cream maker until it begins to thicken – 10–15 minutes. Or freeze in a shallow container, whisking every 1–2 hours to break up ice crystals.
- ☐ To make the sauce, melt the spread, add the sugar and syrup and cook gently until the sugar dissolves. Stir in the Soya Dream and boil for 2–3 minutes to make a sticky sauce.
- ☐ Remove from the heat and allow to cool.
- ☐ To serve, layer the banana ice in four glasses with slices of the remaining bananas and sauce, then top with drizzles of sauce and a few pecans.

Nutrition Facts



Properties

Glycemic Index:30.07, Glycemic Load:16.66, Inflammation Score:-6, Nutrition Score:17.020434789036%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 469.47kcal (23.47%), Fat: 14.13g (21.73%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 78.97g (26.32%), Net Carbohydrates: 74.49g (27.09%), Sugar: 63.13g (70.14%), Cholesterol: 16.83mg (5.61%), Sodium: 279.1mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.25%), Vitamin B12: 2.93µg (48.87%), Vitamin B6: 0.73mg (36.34%), Vitamin B1: 0.45mg (29.73%), Manganese: 0.59mg (29.45%), Vitamin B2: 0.45mg (26.67%), Vitamin B3: 4.36mg (21.82%), Potassium: 755.85mg (21.6%), Phosphorus: 211.04mg (21.1%), Calcium: 204.73mg (20.47%), Fiber: 4.48g (17.93%), Vitamin E: 2.62mg (17.44%), Vitamin A: 681.18IU (13.62%), Magnesium: 53.17mg (13.29%), Vitamin C: 10.92mg (13.23%), Iron: 2.19mg (12.18%), Vitamin B5: 0.95mg (9.49%), Zinc: 1.36mg (9.06%), Folate: 33.09µg (8.27%), Vitamin K: 7.8µg (7.42%), Selenium: 4.49µg (6.41%), Copper: 0.12mg (6.22%)