



Banana in brown sugar ice cream

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 600 g banana very ripe peeled cut into 1 cm slices (6-7 medium)
- 1 tsp rum dark
- 1 tsp rum dark
- 500 ml coconut milk sour
- 6 servings juice of lemon
- 135 g brown sugar light
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- 1 pinch sea salt

1 tablespoon vanilla extract

Equipment

food processor

bowl

frying pan

sauce pan

blender

ice cream machine

Directions

In a wide skillet or saucepan, heat the brown sugar with one-quarter of the coconut milk or sour cream, stirring, until smooth and bubbly.

Add the bananas and salt, and continue to cook for 5 minutes, stirring occasionally, until the bananas are soft and completely cooked through.

Remove from heat and stir in the remaining coconut milk or sour cream, rum and vanilla. If it tastes too sweet, add a few drops of fresh lemon juice. Puree in a blender or food processor until completely smooth. Chill thoroughly for 1 hour or overnight, then pour into the ice cream maker and proceed according to the manufacturer's instructions. Before serving, take it out for 5-10 minutes before serving, or longer, so it comes to the right scooping temperature.

Light note: if you use sour cream, when cooking the bananas, the mixture might curdle a bit. Nothing to worry, just proceed with the recipe and it'll smooth out when blended. Easy suggestion: ice cream is best served in chilled glass or porcelain bowls. Scoop it with a hot, but dry, ice-cream spoon (soak it in boiling water, then wipe dry).

Nutrition Facts



PROTEIN 2.5% FAT 34.75% CARBS 62.75%

Properties

Glycemic Index:30.3, Glycemic Load:13.23, Inflammation Score:-4, Nutrition Score:9.3721739130435%

Flavonoids

Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 430.21kcal (21.51%), Fat: 17.35g (26.69%), Saturated Fat: 15.18g (94.85%), Carbohydrates: 70.49g (23.5%), Net Carbohydrates: 67.85g (24.67%), Sugar: 56.5g (62.78%), Cholesterol: 0mg (0%), Sodium: 30.77mg (1.34%), Alcohol: 1.3g (7.23%), Protein: 2.81g (5.61%), Manganese: 0.92mg (45.86%), Vitamin B6: 0.42mg (20.76%), Vitamin C: 15.3mg (18.55%), Iron: 3.22mg (17.9%), Potassium: 611.67mg (17.48%), Magnesium: 68.83mg (17.21%), Copper: 0.28mg (14.05%), Fiber: 2.65g (10.58%), Phosphorus: 101.62mg (10.16%), Folate: 34.59µg (8.65%), Vitamin B3: 1.24mg (6.22%), Calcium: 57.82mg (5.78%), Vitamin B5: 0.54mg (5.36%), Vitamin B2: 0.08mg (4.55%), Zinc: 0.62mg (4.13%), Vitamin B1: 0.05mg (3.5%), Selenium: 1.56µg (2.22%), Vitamin A: 64.9IU (1.3%)