



Banana-Maple Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 2 large egg yolks
- ☐ 1.5 cups milk 2% divided reduced-fat
- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup nonfat milk dry
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

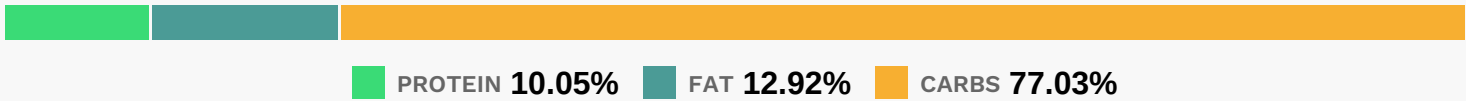
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 1 cup milk, sugar, and egg yolks in a small heavy saucepan; stir well with a whisk.
- ☐ Place over medium heat, stirring constantly. Cook for 8 minutes or until mixture reaches 180 and is slightly thickened (do not boil).
- ☐ Remove from heat.
- ☐ Pour custard into a cool bowl; place over ice water to cool completely.
- ☐ Combine 1/2 cup milk, dry milk, and vanilla. Stir in custard, banana, and syrup. Cover and chill.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:40.34, Glycemic Load:22.77, Inflammation Score:-4, Nutrition Score:12.177825918664%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 291.83kcal (14.59%), Fat: 4.23g (6.5%), Saturated Fat: 2g (12.52%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 55.73g (20.26%), Sugar: 49.72g (55.24%), Cholesterol: 100.38mg (33.46%), Sodium: 90.01mg (3.91%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 7.4g (14.79%), Manganese: 1.05mg (52.42%), Vitamin B2: 0.87mg (50.98%), Calcium: 257.65mg (25.76%), Phosphorus: 195.48mg (19.55%), Vitamin B12: 0.94µg (15.62%), Potassium: 493.96mg (14.11%), Selenium: 9.47µg (13.53%), Vitamin B6: 0.23mg (11.42%), Vitamin B5: 0.96mg (9.62%), Magnesium: 37.11mg (9.28%), Vitamin D: 1.28µg (8.56%), Zinc: 1.27mg (8.44%), Vitamin A: 400.27IU (8.01%), Vitamin B1: 0.12mg (7.93%), Folate: 28.08µg (7.02%), Vitamin C: 3.95mg (4.79%), Fiber: 0.98g (3.9%), Iron: 0.42mg (2.35%), Copper: 0.05mg (2.29%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.28mg (1.89%)