



Banana-Nut Ice Milk

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup banana very ripe mashed
- 4 ounce carton egg substitute
- 1.3 cups milk 2% low-fat
- 3 tablespoons pecans toasted chopped
- 1 Dash salt
- 1 cup evaporated skimmed milk
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract

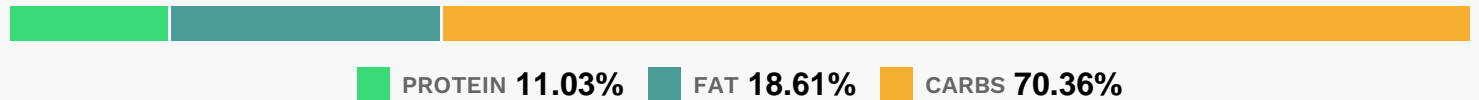
Equipment

- food processor
- bowl

Directions

- Place the sugar and egg substitute in food processor; process 1 minute.
- Add banana, vanilla, and salt; process until smooth.
- Pour the mixture into a large bowl; stir in milks.
- Pour mixture into the freezer can of a 1-quart ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; stir in pecans. Cover and freeze for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:15.68, Inflammation Score:-2, Nutrition Score:5.2169565493646%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.58kcal (7.43%), Fat: 3.2g (4.92%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.35g (9.58%), Sugar: 24.84g (27.6%), Cholesterol: 2.76mg (0.92%), Sodium: 60.39mg (2.63%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.26g (8.53%), Manganese: 0.22mg (11.18%), Selenium: 7.68µg (10.98%), Calcium: 101.02mg (10.1%), Vitamin B2: 0.17mg (9.93%), Phosphorus: 95.48mg (9.55%), Vitamin B12: 0.45µg (7.51%), Vitamin B6: 0.14mg (6.77%), Vitamin D: 0.97µg (6.46%), Potassium: 223.21mg (6.38%), Vitamin B5: 0.57mg (5.73%), Vitamin B1: 0.09mg (5.72%), Magnesium: 19.86mg (4.96%), Zinc: 0.64mg (4.24%), Vitamin A:

180.74IU (3.61%), Fiber: 0.85g (3.39%), Copper: 0.07mg (3.26%), Iron: 0.43mg (2.41%), Vitamin C: 1.74mg (2.11%), Folate: 8.19µg (2.05%), Vitamin E: 0.3mg (2.03%), Vitamin B3: 0.27mg (1.34%)