



Banana Peanut Butter Ice Cream Sandwiches



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



1342 kcal

DESSERT

Ingredients

- ☐ 3 medium banana ripe sliced into coins (12 ounces)
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 cup milk
- ☐ 1 peanut butter
- ☐ 0.8 cup sugar raw (turbinado)

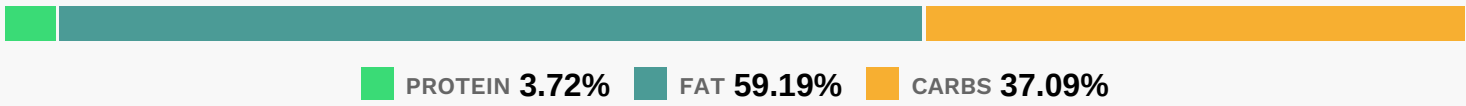
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Heat oven to 350°F with a rack in the middle. In a baking dish, toss bananas with raw sugar.
- ☐ Bake until bananas are fall-apart tender and thick stacks of sugar syrup bubble on top of each other, about 30 minutes.
- ☐ Transfer bananas to blender or food processor and add salt, lemon juice, cream, and milk. Blend on high until very well combined, about 30 seconds. Chill carafe in refrigerator until mixture is very cold, about 3 hours, then churn in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to airtight container and firm up freezer for 3 to 4 hours before serving.
- ☐ For ice cream sandwiches: Scoop 3 to 4 tablespoons of ice cream onto the bottom of one cookie. Top with another cookie and squeeze flat with the palms of your hands.
- ☐ Serve immediately, or wrap in plastic wrap and chill in freezer. Recipe makes 9 ice cream sandwiches with additional ice cream left over.

Nutrition Facts



Properties

Glycemic Index:53.39, Glycemic Load:21.76, Inflammation Score:-9, Nutrition Score:21.889130509418%

Flavonoids

Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1342.44kcal (67.12%), Fat: 90.66g (139.48%), Saturated Fat: 57.26g (357.87%), Carbohydrates: 127.86g (42.62%), Net Carbohydrates: 123.23g (44.81%), Sugar: 108.89g (120.99%), Cholesterol: 283.58mg (94.53%), Sodium: 698.17mg (30.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.61%), Vitamin A: 3809.59IU (76.19%), Vitamin B2: 0.75mg (43.89%), Vitamin B6: 0.81mg (40.51%), Vitamin D: 5.15µg (34.33%), Calcium: 325.67mg (32.57%), Potassium: 1068.74mg (30.54%), Phosphorus: 302.74mg (30.27%), Manganese: 0.53mg (26.43%), Vitamin C: 17.31mg (20.98%), Magnesium: 81.53mg (20.38%), Fiber: 4.63g (18.52%), Vitamin B12: 1.04µg (17.33%), Vitamin B5: 1.66mg (16.6%), Vitamin E: 2.47mg (16.5%), Selenium: 11.25µg (16.07%), Vitamin B1: 0.17mg (11.45%), Folate: 45.6µg (11.4%), Zinc: 1.37mg (9.16%), Copper: 0.17mg (8.75%), Vitamin K: 8.87µg (8.45%), Vitamin B3: 1.53mg (7.63%), Iron: 0.99mg (5.5%)