



Best Banana/Banana Nut Ice Cream Ever!

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



8

CALORIES



749 kcal

Ingredients

- 1 cup almonds chopped
- 8 small bananas ripe
- 2 cups heavy whipping cream
- 3.5 ounce vanilla pudding mix instant
- 14 ounce condensed milk sweetened canned
- 1 cup whipping cream light
- 2.5 cups milk whole

Equipment

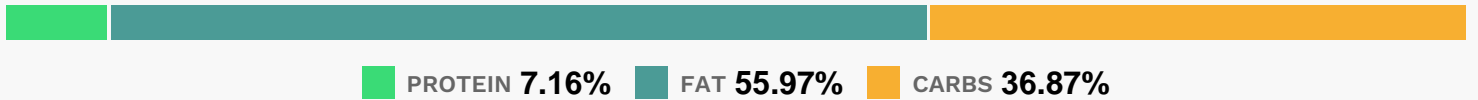
- food processor

- bowl
- plastic wrap
- ice cream machine

Directions

- Place bananas in a food processor; puree until smooth.
- Stir sweetened condensed milk with pudding mix in a large bowl. Stir in banana puree, whole milk, heavy whipping cream, and light whipping cream until smooth. Chill pudding mixture in freezer for 1 hour, scraping down sides and stir after 30 minutes.
- Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency. Gently stir in almonds.
- Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:29.15, Inflammation Score:-8, Nutrition Score:19.719130381294%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 748.85kcal (37.44%), Fat: 48.28g (74.27%), Saturated Fat: 25.47g (159.21%), Carbohydrates: 71.57g (23.86%), Net Carbohydrates: 66.64g (24.23%), Sugar: 56.2g (62.45%), Cholesterol: 126.87mg (42.29%), Sodium: 196.03mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Vitamin B2: 0.76mg

(44.62%), Vitamin E: 5.62mg (37.44%), Phosphorus: 362.74mg (36.27%), Calcium: 347.34mg (34.73%), Manganese: 0.69mg (34.45%), Vitamin A: 1632.78IU (32.66%), Magnesium: 103.83mg (25.96%), Potassium: 878.31mg (25.09%), Vitamin B6: 0.5mg (24.91%), Fiber: 4.93g (19.74%), Selenium: 13.32µg (19.03%), Vitamin D: 2.37µg (15.77%), Copper: 0.28mg (14.18%), Vitamin B5: 1.31mg (13.05%), Vitamin B12: 0.77µg (12.88%), Vitamin C: 10.61mg (12.86%), Vitamin B1: 0.17mg (11.54%), Zinc: 1.7mg (11.37%), Folate: 37.09µg (9.27%), Vitamin B3: 1.56mg (7.8%), Iron: 1.12mg (6.22%), Vitamin K: 3.89µg (3.7%)