



Chocolate Banana Chunk Ice Cream



Vegetarian



Gluten Free

READY IN



430 min.

SERVINGS



2

CALORIES



1387 kcal

DESSERT

Ingredients

- ☐ 0.5 cup bananas chopped
- ☐ 0.5 cup chocolate dark roughly chopped
- ☐ 2 egg yolks
- ☐ 1 cup heavy cream
- ☐ 1 pint milk
- ☐ 1.3 cups sugar
- ☐ 1 vanilla pod split

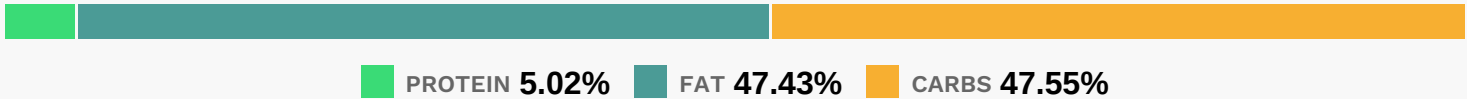
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ ice cream machine

Directions

- ☐ If using an electric ice cream maker, place the body into the freezer overnight. It needs to be completely frozen to freeze the ice cream.
- ☐ Combine the cream, milk, and 1 cup of the sugar in a medium, heavy bottom saucepan. Scrape the seeds of the vanilla bean into the cream mix and add in the bean itself. Bring to a light boil over medium high heat, watching carefully so the mixture doesn't boil over.
- ☐ Remove from the heat.
- ☐ Beat the yolks in a mixing bowl and slowly whisk in 1 cup of the hot cream mixture. Gradually add the egg mixture back into the pot of cream. Cook over medium heat, stirring occasionally, until the mixture coats the back of a spoon or reaches 170 degrees F, about 6 to 8 minutes.
- ☐ Remove from the heat and place in a container. Cover and place in the refrigerator to cool for about 2 to 3 hours.
- ☐ Put the ice cream maker together and turn it on.
- ☐ Pour in the cream mixture and let churn for about 20 to 25 minutes, according to manufacturer's instructions. Stir in the banana and chocolate when the ice cream is 3/4 of the way frozen.

Nutrition Facts



Properties

Glycemic Index:92.93, Glycemic Load:99.13, Inflammation Score:-9, Nutrition Score:26.714347839355%

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: 1386.64kcal (69.33%), Fat: 74.85g (115.15%), Saturated Fat: 44.25g (276.53%), Carbohydrates: 168.83g (56.28%), Net Carbohydrates: 163.09g (59.3%), Sugar: 154.78g (171.97%), Cholesterol: 358.57mg (119.52%), Sodium: 141.05mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35mg (11.67%), Protein: 17.82g (35.64%), Phosphorus: 521.17mg (52.12%), Manganese: 0.98mg (48.95%), Vitamin A: 2433.2IU (48.66%), Vitamin B2: 0.73mg (42.97%), Calcium: 427.83mg (42.78%), Copper: 0.84mg (42%), Magnesium: 147.5mg (36.87%), Vitamin D: 5.48µg (36.52%), Iron: 5.98mg (33.2%), Vitamin B12: 1.94µg (32.36%), Selenium: 22.25µg (31.78%), Potassium: 937.11mg (26.77%), Fiber: 5.74g (22.98%), Zinc: 3.19mg (21.24%), Vitamin B5: 2.03mg (20.32%), Vitamin B6: 0.4mg (20.16%), Vitamin B1: 0.21mg (14.3%), Vitamin E: 1.97mg (13.15%), Folate: 38.54µg (9.64%), Vitamin K: 8.02µg (7.64%), Vitamin B3: 1.04mg (5.2%), Vitamin C: 3.98mg (4.82%)