



Chocolate-Cherry Ice Dream

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



2

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1 banana frozen cut into several pieces
- 1 tablespoon cocoa powder unsweetened
- 2 cups cherries unsweetened frozen pitted
- 1 tablespoon chia seeds
- 0.5 cup non-dairy milk
- 2 cups pkt spinach raw loosely packed
- 2 servings artificial sweetener to taste (I used a little stevia)

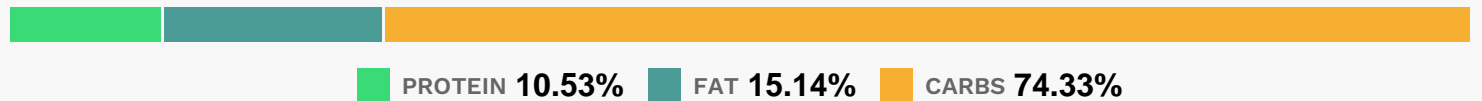
Equipment

- food processor
- blender
- drinking straws

Directions

- Place ingredients into high-speed blender in the order listed (a food processor may work if you omit the spinach). Begin blending on low and gradually increase the speed until you're on the highest setting. If your blender has a tamper, use it to push the fruit into the blades. (This will be loud, so don't worry if it sounds like a jackhammer fighting with a chain saw.) Blend until smooth but don't over-blend or the friction will melt your Ice Dream. If that happens, call it a smoothie and use a straw.

Nutrition Facts



Properties

Glycemic Index:71.1, Glycemic Load:11.49, Inflammation Score:-10, Nutrition Score:22.659130552541%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 11.24mg, Catechin: 11.24mg, Catechin: 11.24mg, Catechin: 11.24mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 11.82mg, Epicatechin: 11.82mg, Epicatechin: 11.82mg, Epicatechin: 11.82mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 207.76kcal (10.39%), Fat: 3.95g (6.07%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 34.56g (12.57%), Sugar: 26.77g (29.75%), Cholesterol: 0mg (0%), Sodium: 55.28mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 6.18g (12.36%), Vitamin K: 148.16µg (141.1%), Vitamin A: 3174.29IU (63.49%), Manganese: 0.78mg (39.22%), Vitamin C: 27.57mg (33.41%), Fiber: 8.32g (33.27%), Folate: 98.14µg (24.53%), Vitamin B6: 0.48mg (24.15%), Potassium: 830.59mg (23.73%), Magnesium: 87.39mg (21.85%), Copper: 0.39mg (19.53%), Calcium: 174.25mg (17.42%), Vitamin B3: 3.35mg (16.74%), Vitamin B2:

0.28mg (16.41%), Vitamin E: 2.28mg (15.23%), Iron: 2.56mg (14.24%), Phosphorus: 126.61mg (12.66%), Vitamin B12: 0.64µg (10.62%), Vitamin B1: 0.15mg (10.31%), Selenium: 5.92µg (8.45%), Zinc: 0.93mg (6.2%), Vitamin B5: 0.5mg (4.98%), Vitamin D: 0.71µg (4.72%)