



Chocolate Cinnamon Ice Cream



Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 1 medium banana ripe peeled cut into 1/2 inch chunks
- ☐ 1 tablespoon cinnamon plus more for garnish
- ☐ 2 ounces chocolate dark chopped
- ☐ 2 tablespoons rum dark
- ☐ 12 tablespoons rum
- ☐ 12 tablespoons milk
- ☐ 2 ounces chocolate chopped

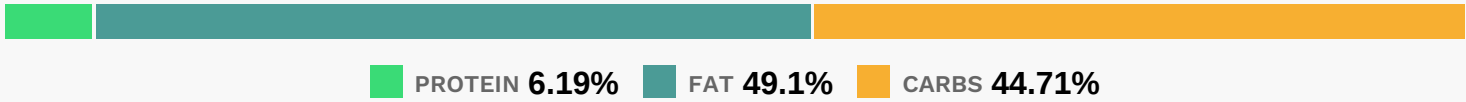
Equipment

- ☐ bowl
- ☐ double boiler

Directions

- ☐ Combine chocolate and milk in a double boiler over simmering water. Stir frequently until chocolate is melted.
- ☐ Take mixture off the heat. Stir in baileys, rum, and cinnamon until well combined.
- ☐ Add banana and blend until smooth.
- ☐ Pour mixture into a plastic or metal bowl. Cover and freeze for at least four hours.
- ☐ Garnish with cinnamon before serving.

Nutrition Facts



Properties

Glycemic Index:48.34, Glycemic Load:8.55, Inflammation Score:-5, Nutrition Score:8.1382608361866%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.1kcal (16.81%), Fat: 12.45g (19.16%), Saturated Fat: 7.19g (44.97%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 21.35g (7.76%), Sugar: 16.5g (18.34%), Cholesterol: 5.83mg (1.94%), Sodium: 23.22mg (1.01%), Alcohol: 17.53g (100%), Alcohol %: 14.12% (100%), Caffeine: 20.7mg (6.9%), Protein: 3.53g (7.07%), Manganese: 0.79mg (39.32%), Copper: 0.37mg (18.65%), Fiber: 4.15g (16.61%), Magnesium: 62.9mg (15.73%), Iron: 2.34mg (13.01%), Phosphorus: 119.82mg (11.98%), Potassium: 325.24mg (9.29%), Calcium: 90.61mg (9.06%), Vitamin B2: 0.13mg (7.74%), Vitamin B6: 0.15mg (7.54%), Zinc: 0.97mg (6.45%), Vitamin B12: 0.28µg (4.71%), Selenium: 2.57µg (3.68%), Vitamin B5: 0.34mg (3.43%), Vitamin D: 0.5µg (3.3%), Vitamin C: 2.64mg (3.2%), Vitamin B1: 0.05mg (3.04%), Vitamin K: 2.83µg (2.7%), Vitamin B3: 0.52mg (2.61%), Vitamin A: 103.21IU (2.06%), Folate: 6.45µg (1.61%), Vitamin E: 0.22mg (1.46%)