



Chocolate Frozen Yogurt with Caramelized Bananas

 Gluten Free

READY IN



180 min.

SERVINGS



61

CALORIES



25 kcal

DESSERT

Ingredients

- ☐ 0.5 cup milk
- ☐ 2 large banana ripe cut into 1-inch rounds
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 1 tablespoon rum dark
- ☐ 2.5 tablespoons dutch-processed cocoa powder unsweetened
- ☐ 0.7 cup granulated sugar
- ☐ 2 tablespoons brown sugar light

- ☐ 1.3 cups nonfat greek yogurt
- ☐ 1 pinch salt
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract pure

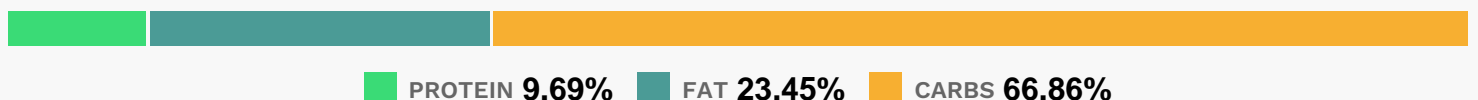
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ In a nonstick skillet, melt the butter.
- ☐ Add the bananas in a single layer and sprinkle with the brown sugar. Cook over moderate heat, turning once, until caramelized, 8 minutes. Off the heat, add the rum and swirl the pan to dissolve the sugar. Scrape three-quarters of the bananas into a food processor and add 3 tablespoons of the milk. Puree until smooth.
- ☐ Transfer the puree to a small bowl and freeze until chilled, 15 minutes. Chop the remaining bananas and freeze until chilled.
- ☐ In another bowl, whisk the cocoa with the granulated sugar, salt, vanilla and the remaining 1/2 cup of milk.
- ☐ Whisk in the yogurt until smooth, then the banana puree.
- ☐ Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions until nearly frozen.
- ☐ Mix in the chopped bananas and chocolate. Scrape the frozen yogurt into an airtight container, cover and freeze until firm, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:0.59956521719046%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.55kcal (1.23%), Fat: 0.65g (1.01%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.96g (1.44%), Sugar: 3.52g (3.91%), Cholesterol: 1.37mg (0.46%), Sodium: 3.34mg (0.15%), Alcohol: 0.1g (100%), Alcohol %: 0.91% (100%), Protein: 0.61g (1.22%), Manganese: 0.03mg (1.36%), Vitamin B2: 0.02mg (1.16%), Phosphorus: 11.19mg (1.12%), Vitamin B6: 0.02mg (1.02%)