



Coffee-Drenched Ice Cream with Banana and Peanuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



241 kcal

Ingredients



2 medium bananas sliced



0.5 ounce chocolate curls



2 tablespoons dry-roasted peanuts chopped



0.5 cup espresso grounds hot brewed



2 cups whipped cream low-fat

Equipment

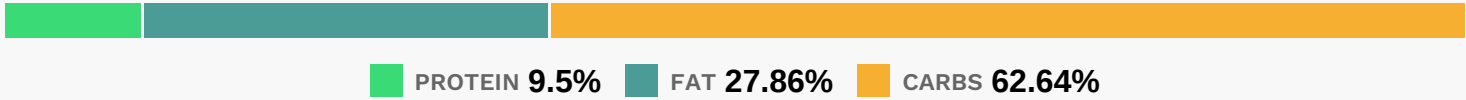


bowl

Directions

☐ Spoon 1/2 cup ice cream into each of 4 bowls. Top each serving with half of banana, 2 tablespoons espresso, 1 1/2 teaspoons peanuts, and 1 1/2 teaspoons chocolate.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:14.52, Inflammation Score:-5, Nutrition Score:8.1960869949797%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 241.43kcal (12.07%), Fat: 7.73g (11.89%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 36.6g (13.31%), Sugar: 25.29g (28.11%), Cholesterol: 20.73mg (6.91%), Sodium: 82.96mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 65.59mg (21.86%), Protein: 5.93g (11.86%), Vitamin B2: 0.3mg (17.36%), Manganese: 0.34mg (17.13%), Magnesium: 64.81mg (16.2%), Vitamin B3: 2.81mg (14.05%), Calcium: 133.1mg (13.31%), Vitamin B6: 0.27mg (13.27%), Potassium: 462.12mg (13.2%), Phosphorus: 121.89mg (12.19%), Fiber: 2.49g (9.96%), Vitamin A: 380.01IU (7.6%), Copper: 0.15mg (7.55%), Vitamin C: 6.1mg (7.4%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.36µg (6.06%), Folate: 22.95µg (5.74%), Zinc: 0.85mg (5.68%), Vitamin B1: 0.08mg (5.06%), Selenium: 2.78µg (3.98%), Iron: 0.67mg (3.75%), Vitamin E: 0.17mg (1.16%)