



Frozen Banana 'Custard' with Warm Chocolate Sauce

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 5 bananas frozen ripe peeled cut into small pieces,
- ☐ 0.3 cup milk
- ☐ 4 ounces semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

Equipment

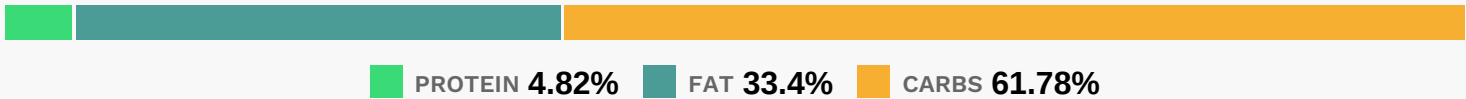
- ☐ food processor
- ☐ bowl

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine chocolate chips and 3 Tbsp. water in a microwave-safe bowl and microwave on high until just melted, 1 to 1 1/2 minutes.
- ☐ Whisk until smooth.
- ☐ Place bananas in a food processor and pulse until broken down.
- ☐ Add milk and vanilla and process until smooth, scraping down sides of bowl once or twice as necessary.
- ☐ Scoop banana puree into dishes and top with warm chocolate sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:16.59, Inflammation Score:-5, Nutrition Score:11.232173873031%

Flavonoids

Catechin: 9mg, Catechin: 9mg, Catechin: 9mg, Catechin: 9mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 306.01kcal (15.3%), Fat: 11.84g (18.21%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 43.16g (15.7%), Sugar: 29.2g (32.44%), Cholesterol: 3.53mg (1.18%), Sodium: 10.15mg (0.44%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.84g (7.69%), Manganese: 0.78mg (38.78%), Vitamin B6: 0.56mg (28.02%), Fiber: 6.1g (24.41%), Copper: 0.47mg (23.47%), Magnesium: 91.61mg (22.9%), Potassium: 712.41mg (20.35%), Vitamin C: 12.83mg (15.55%), Phosphorus: 121.59mg (12.16%), Iron: 2.18mg (12.09%), Vitamin B2: 0.14mg (8.42%), Folate: 29.5µg (7.38%), Zinc: 1.04mg (6.9%), Vitamin B5: 0.63mg (6.35%), Vitamin B3: 1.24mg (6.18%), Selenium: 4.15µg (5.92%), Calcium: 43.76mg (4.38%), Vitamin B1: 0.06mg (4.23%), Vitamin K: 2.82µg (2.69%), Vitamin A: 133.28IU (2.67%), Vitamin B12: 0.13µg (2.22%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.17µg (1.12%)