



Hot Date Ice Cream Sundaes



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



817 kcal

DESSERT

Ingredients

- ☐ 6 ounces banana bread dark homemade store-bought cut into 1-in. cubes (5 cups)
- ☐ 3 bananas ripe peeled
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup brown sugar light packed
- ☐ 10 oz medjool dates pitted halved
- ☐ 3.5 teaspoons sugar divided
- ☐ 0.3 cup butter unsalted

- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 cups whipped cream softened
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 0.3 cup whipping cream cold

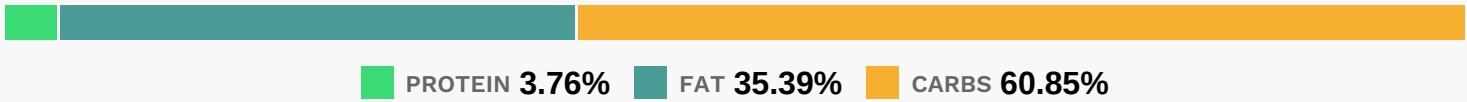
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pure 2 bananas, 2 tsp. sugar, and the lemon juice in a food processor. In a large bowl, fold pure into ice cream, leaving streaks. Freeze until firm, 3 hours.
- ☐ Melt butter, brown sugar, and salt in a medium frying pan over medium-high heat.
- ☐ Add dates and 1/2 cup water and cook, stirring occasionally, until thickened, about 5 minutes.
- ☐ Whisk cream with remaining 1 1/2 tsp. sugar and the vanilla in a bowl until soft peaks form.
- ☐ Divide bread among 4 bowls. Slice remaining banana. Scoop ice cream into bowls and top with banana, dates and sauce, whipped cream, and nuts.

Nutrition Facts



Properties

Glycemic Index:51.47, Glycemic Load:21.56, Inflammation Score:-8, Nutrition Score:16.780434743218%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 817.45kcal (40.87%), Fat: 33.79g (51.98%), Saturated Fat: 16.69g (104.31%), Carbohydrates: 130.72g (43.57%), Net Carbohydrates: 122.24g (44.45%), Sugar: 89.46g (99.4%), Cholesterol: 94.64mg (31.55%), Sodium: 265.14mg (11.53%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 8.07g (16.13%), Manganese: 0.8mg (40.16%), Fiber: 8.48g (33.91%), Vitamin B6: 0.65mg (32.42%), Potassium: 1069.54mg (30.56%), Copper: 0.5mg (24.95%), Vitamin A: 1224.57IU (24.49%), Vitamin B2: 0.4mg (23.27%), Magnesium: 91.66mg (22.91%), Phosphorus: 195.47mg (19.55%), Calcium: 175.25mg (17.53%), Vitamin B5: 1.48mg (14.8%), Folate: 54.49µg (13.62%), Vitamin B1: 0.19mg (12.82%), Vitamin B3: 2.54mg (12.68%), Vitamin C: 9.97mg (12.09%), Selenium: 8.35µg (11.93%), Iron: 1.86mg (10.31%), Zinc: 1.33mg (8.86%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.81mg (5.38%), Vitamin K: 4.22µg (4.02%), Vitamin D: 0.58µg (3.89%)