



Paleo Tropical Ice Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



266 kcal

Ingredients

- 4 cups banana frozen
- 14 ounce coconut milk canned
- 1 juice of lime juiced
- 1 pinch kosher salt
- 1 cup pineapple chunks frozen

Equipment

- food processor
- plastic wrap
- baking pan

Directions

- Thaw banana slices and pineapple chunks at room temperature for 5 minutes.
- Blend bananas, pineapple, and coconut milk in a food processor until smooth, about 1 minute; add lime juice and kosher salt and process again to mix.
- Line an 8x11-inch baking dish with plastic wrap.
- Pour banana mixture into the baking dish. Freeze until the 'ice cream' is of soft-serve consistency, 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:11.07, Inflammation Score:-4, Nutrition Score:9.2956522158954%

Flavonoids

Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg 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: 266.05kcal (13.3%), Fat: 16.12g (24.8%), Saturated Fat: 14.07g (87.96%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 28.43g (10.34%), Sugar: 20.12g (22.35%), Cholesterol: 0mg (0%), Sodium: 17.88mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Manganese: 0.88mg (43.84%), Vitamin B6: 0.42mg (21.02%), Vitamin C: 15.76mg (19.1%), Fiber: 4.59g (18.35%), Potassium: 586.72mg (16.76%), Copper: 0.3mg (14.88%), Magnesium: 57.79mg (14.45%), Phosphorus: 91.61mg (9.16%), Folate: 33.06µg (8.26%), Iron: 1.46mg (8.11%), Selenium: 5.26µg (7.52%), Vitamin B3: 1.29mg (6.43%), Vitamin B1: 0.09mg (5.98%), Vitamin B2: 0.08mg (4.83%), Vitamin B5: 0.46mg (4.61%), Zinc: 0.64mg (4.24%), Calcium: 22.6mg (2.26%), Vitamin A: 86.22IU (1.72%), Vitamin E: 0.22mg (1.45%)