



Peanut Butter, Banana, and Honey Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 2 bananas ripe mashed
- ☐ 0.8 cup half-and-half
- ☐ 0.5 cup honey
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 0.3 cup chunky peanut butter
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

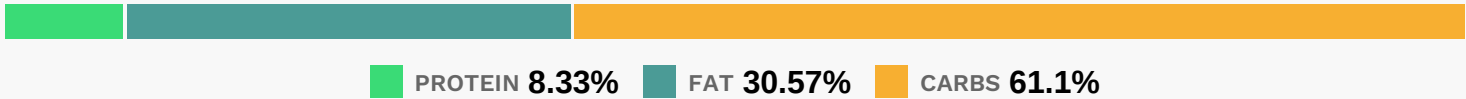
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring until sugar dissolves. Stir in peanut butter and next 3 ingredients (through bananas). Stir in milk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:21.36, Inflammation Score:-3, Nutrition Score:6.4430434211441%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271kcal (13.55%), Fat: 9.7g (14.92%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 42.29g (15.38%), Sugar: 39.33g (43.7%), Cholesterol: 13.84mg (4.61%), Sodium: 132.27mg (5.75%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.95g (11.9%), Vitamin B2: 0.23mg (13.73%), Manganese: 0.27mg (13.32%), Phosphorus: 133.21mg (13.32%), Calcium: 120.99mg (12.1%), Vitamin B6: 0.2mg (10.03%), Magnesium: 37mg (9.25%), Potassium: 311.45mg (8.9%), Vitamin B3: 1.75mg (8.73%), Vitamin E: 1.09mg (7.25%), Vitamin B12: 0.43µg (7.23%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.81mg (5.39%), Fiber: 1.33g (5.3%), Selenium: 3.55µg (5.07%), Folate: 19.94µg (4.98%), Copper: 0.08mg (4.18%), Vitamin B1: 0.06mg (3.97%), Vitamin C: 3.02mg (3.67%), Vitamin A: 174.42IU (3.49%), Iron: 0.38mg (2.14%)