



## Peanut Butter-Banana Ice Cream

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

### Ingredients

- 1 cup banana ripe mashed ( 2 small bananas)
- 4 cups whipped cream low-fat
- 0.3 cup chunky peanut butter

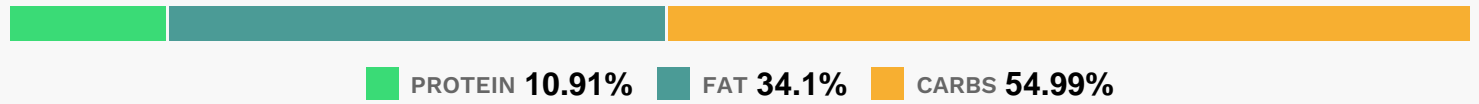
### Equipment

- bowl
- stand mixer
- spatula

## Directions

- Place a large bowl in freezer.
- Let ice cream stand at room temperature 45 minutes or until softened.
- Combine banana and peanut butter in a small bowl; mash with a fork until well blended. With a rubber spatula or stand mixer, combine banana mixture and softened ice cream in chilled bowl. Cover and freeze to desired consistency.
- CALORIES 183 (30 percent from fat); FAT 1g (sat 8g, mono 9g, poly 2g); PROTEIN 2g; CARB 3g; FIBER 2g; CHOL 5mg; IRON 2mg; SODIUM 84mg; CALC 105mg

## Nutrition Facts



## Properties

Glycemic Index:13.1, Glycemic Load:10.26, Inflammation Score:-4, Nutrition Score:5.5130434774834%

## Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 201.62kcal (10.08%), Fat: 7.85g (12.08%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 27.39g (9.96%), Sugar: 19.93g (22.14%), Cholesterol: 20.52mg (6.84%), Sodium: 91.02mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin B2: 0.22mg (13.11%), Calcium: 127.25mg (12.72%), Phosphorus: 109.74mg (10.97%), Manganese: 0.17mg (8.63%), Potassium: 270.68mg (7.73%), Magnesium: 29.33mg (7.33%), Vitamin A: 352.48IU (7.05%), Vitamin B6: 0.14mg (6.94%), Vitamin B3: 1.3mg (6.5%), Vitamin B12: 0.36µg (5.95%), Vitamin E: 0.84mg (5.63%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.51mg (5.14%), Fiber: 1.1g (4.41%), Folate: 15.24µg (3.81%), Vitamin B1: 0.06mg (3.81%), Vitamin C: 2.54mg (3.08%), Copper: 0.06mg (3.07%), Selenium: 2.04µg (2.91%), Iron: 0.33mg (1.85%)