



Raw Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



126 kcal

Ingredients

- ☐ 2 bananas whole frozen ()
- ☐ 0.3 tsp cinnamon
- ☐ 0.3 cup plant-based milk
- ☐ 0.3 tsp vanilla extract

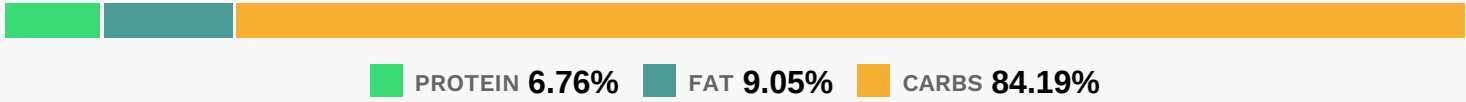
Equipment

- ☐ food processor
- ☐ spatula

Directions

- ☐ Place all ingredients together in a food processor and allow the motor to run until it's smooth and creamy. Stop and break up large clumps with a spatula as needed. Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 20gDietary Fiber3.40gSugars15.30gProtein2g

Nutrition Facts



Properties

Glycemic Index:48.89, Glycemic Load:13.6, Inflammation Score:-3, Nutrition Score:6.3604347524436%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 125.63kcal (6.28%), Fat: 1.37g (2.11%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 25.42g (9.24%), Sugar: 15.94g (17.71%), Cholesterol: 3.66mg (1.22%), Sodium: 12.85mg (0.56%), Alcohol: 0.18g (100%), Alcohol %: 0.15% (100%), Protein: 2.3g (4.6%), Vitamin B6: 0.45mg (22.62%), Manganese: 0.38mg (18.89%), Potassium: 470.37mg (13.44%), Fiber: 3.24g (12.96%), Vitamin C: 10.28mg (12.46%), Magnesium: 35.78mg (8.94%), Vitamin B2: 0.13mg (7.58%), Folate: 23.62µg (5.9%), Phosphorus: 57mg (5.7%), Vitamin B5: 0.51mg (5.09%), Copper: 0.09mg (4.69%), Calcium: 46.73mg (4.67%), Vitamin B3: 0.82mg (4.12%), Vitamin B1: 0.05mg (3.59%), Vitamin B12: 0.16µg (2.74%), Selenium: 1.77µg (2.53%), Vitamin A: 125.89IU (2.52%), Vitamin D: 0.34µg (2.24%), Zinc: 0.31mg (2.06%), Iron: 0.33mg (1.86%)