

Roasted Banana Whiskey Ice Cream



Vegetarian



Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



507 kcal

DESSERT

Ingredients

- ☐ 1 cup bananas very ripe
- ☐ 0.3 cup brown sugar
- ☐ 0.5 teaspoon butter melted
- ☐ 1 eggs
- ☐ 2 cups heavy cream
- ☐ 1 tablespoon bourbon whiskey mark® such as Maker's
- ☐ 1.3 cups sugar white

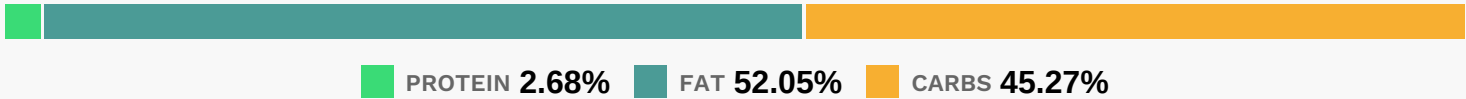
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Peel the bananas, cut into 2 or 3 chunks, and freeze until solid.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the frozen banana pieces into a baking dish; drizzle with melted butter.
- ☐ Roast the bananas in the preheated oven until browned, about 20 minutes. Mash the bananas in a bowl, and chill in refrigerator.
- ☐ In a bowl, whisk together the egg, white sugar, brown sugar, and bourbon whiskey until smooth.
- ☐ Pour the cream into a heavy saucepan over medium-low heat, and bring to a simmer.
- ☐ Whisk about 1 cup of the hot cream into the egg mixture, 1 tablespoon at a time, incorporating each tablespoon before adding the next; pour the mixture back into the saucepan with remaining cream. Over medium-low heat, constantly whisk the cream mixture until thickened and almost boiling; stir in the mashed bananas.
- ☐ Transfer to a bowl and chill 4 hours to overnight.
- ☐ Pour the ice cream base into an ice cream maker, and freeze according to manufacturer's instructions; pack soft ice cream into a lidded container and freeze until firm, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:31.85, Inflammation Score:-6, Nutrition Score:5.2234782084175%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 506.96kcal (25.35%), Fat: 29.89g (45.99%), Saturated Fat: 18.72g (116.99%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 57.85g (21.04%), Sugar: 55.87g (62.08%), Cholesterol: 117.82mg (39.27%), Sodium: 37.75mg (1.64%), Alcohol: 0.9g (100%), Alcohol %: 0.69% (100%), Protein: 3.46g (6.93%), Vitamin A: 1232.21IU (24.64%), Vitamin B2: 0.21mg (12.29%), Vitamin D: 1.42µg (9.44%), Selenium: 5.25µg (7.49%), Vitamin B6: 0.14mg (6.79%), Phosphorus: 66.57mg (6.66%), Calcium: 65.84mg (6.58%), Vitamin E: 0.84mg (5.61%), Potassium: 188.14mg (5.38%), Vitamin B5: 0.41mg (4.11%), Manganese: 0.08mg (3.9%), Magnesium: 14.02mg (3.5%), Vitamin B12: 0.19µg (3.22%), Vitamin C: 2.65mg (3.21%), Folate: 11.72µg (2.93%), Fiber: 0.65g (2.6%), Vitamin K: 2.71µg (2.59%), Zinc: 0.33mg (2.2%), Copper: 0.04mg (2.05%), Iron: 0.36mg (2%), Vitamin B1: 0.03mg (1.78%), Vitamin B3: 0.23mg (1.17%)