



Six Threes Ice Cream



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1398 kcal

DESSERT

Ingredients

- 3 banana mashed
- 3 cups cup heavy whipping cream
- 3 juice of lemon juiced
- 3 orange juice juiced
- 3 cups milk
- 3 cups sugar

Equipment

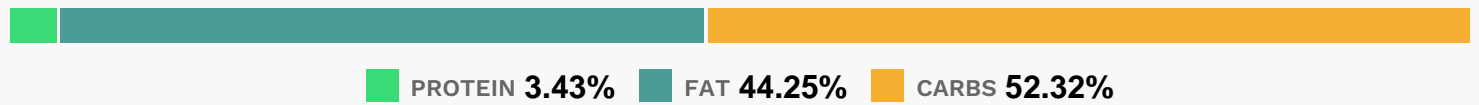
- bowl

- whisk
- ice cream machine

Directions

- In a large bowl, whisk together sugar and cream until sugar is dissolved.
- Mix in the milk, mashed bananas, and fruit juices.
- Pour mixture into ice cream maker. Freeze according to manufacturer's directions, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:53.72, Glycemic Load:120.14, Inflammation Score:-9, Nutrition Score:20.039564982704%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 8.63mg, Hesperetin: 8.63mg, Hesperetin: 8.63mg, Hesperetin: 8.63mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 1398.17kcal (69.91%), Fat: 71.21g (109.55%), Saturated Fat: 44.58g (278.61%), Carbohydrates: 189.43g (63.14%), Net Carbohydrates: 186.97g (67.99%), Sugar: 178.86g (198.73%), Cholesterol: 223.66mg (74.56%), Sodium: 120.79mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin A: 3068.4IU (61.37%), Vitamin C: 39.98mg (48.46%), Vitamin B2: 0.7mg (41.06%), Calcium: 355.13mg (35.51%), Vitamin D: 4.87µg (32.46%), Phosphorus: 317.28mg (31.73%), Vitamin B6: 0.53mg (26.36%), Potassium: 877.08mg (25.06%), Vitamin B12: 1.27µg (21.23%), Magnesium: 64.65mg (16.16%), Vitamin B5: 1.55mg (15.48%), Selenium: 10.68µg (15.26%), Vitamin B1: 0.21mg (14.1%), Manganese: 0.26mg (13.15%), Vitamin E: 1.87mg (12.49%), Folate: 42.84µg (10.71%), Fiber: 2.46g (9.83%), Zinc: 1.36mg (9.07%), Vitamin K: 6.75µg (6.43%), Copper: 0.12mg (6.22%), Vitamin B3: 1.1mg (5.48%), Iron: 0.59mg (3.29%)