



## The Ultimate Frozen Coconut 'Ice Cream' with Hard Shell Chocolate Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



3

CALORIES



512 kcal

DESSERT

### Ingredients

- 1 can coconut milk
- 1 cube ice cubes
- 2 banana frozen
- 3 tbsp chocolate chips dark
- 1 tbsp coconut oil
- 1 tbsp coconut shredded unsweetened

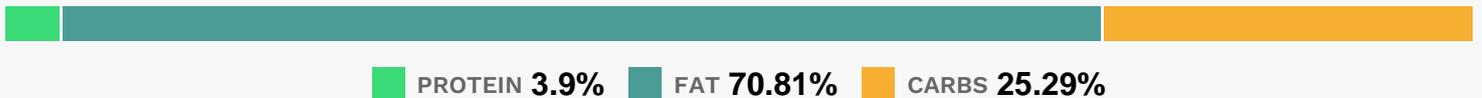
### Equipment

- bowl
- ramekin
- ice cube tray
- microwave

## Directions

- Pour coconut milk into an ice cube tray and put into the freezer for a few hours.
- Remove 6 coconut cubes from the freezer and 2 bananas.
- Let thaw for 15 minutes.
- Add ingredients into the Yonana, alternating between banana and coconut cubes
- Once ingredients have been processed through, you should have a product similar to mine below.
- Portion 3 servings into ramekins and put into the freezer as you prepare the topping.
- For the chocolate sauce: in a microwave safe bowl combine coconut oil and chocolate chips.
- Microwave for 1 minute (stirring halfway).
- Remove the ramekins from freezer and immediately pour chocolate sauce onto them.
- Immediately top with shredded coconut.
- Serve and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:25.59, Glycemic Load:8.71, Inflammation Score:-4, Nutrition Score:13.12%

## Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 100%, Saltiness: 0.47%, Sourness: 29.92%, Bitterness: 7.62%, Savoriness: 13.04%, Fattiness: 48.91%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 511.94kcal (25.6%), Fat: 42.81g (65.86%), Saturated Fat: 37.74g (235.89%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 28.44g (10.34%), Sugar: 19.35g (21.5%), Cholesterol: 0.15mg (0.05%), Sodium: 37.99mg (1.65%), Protein: 5.31g (10.61%), Manganese: 1.52mg (76.17%), Fiber: 5.96g (23.82%), Copper: 0.46mg (23.21%), Potassium: 740.82mg (21.17%), Magnesium: 78.27mg (19.57%), Vitamin B6: 0.36mg (17.99%), Phosphorus: 174.69mg (17.47%), Iron: 2.67mg (14.83%), Selenium: 10.3µg (14.71%), Vitamin C: 10.69mg (12.96%), Zinc: 1.59mg (10.62%), Folate: 40.44µg (10.11%), Vitamin B3: 1.71mg (8.54%), Calcium: 71.55mg (7.16%), Vitamin B5: 0.64mg (6.39%), Vitamin B2: 0.09mg (5.1%), Vitamin B1: 0.08mg (5.04%), Vitamin E: 0.53mg (3.53%), Vitamin K: 1.72µg (1.63%), Vitamin A: 51.85IU (1.04%)