



Tropical Ice Cream

 Vegetarian  Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

2

CALORIES

calories

1455 kcal

DESSERT

Ingredients

- ☐ 1 large banana sliced
- ☐ 2 cups heavy cream
- ☐ 1.3 cups milk 2% low-fat
- ☐ 0.7 cup pineapple and orange juice blend
- ☐ 0.8 cup sugar
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 0.3 cup walnut pieces

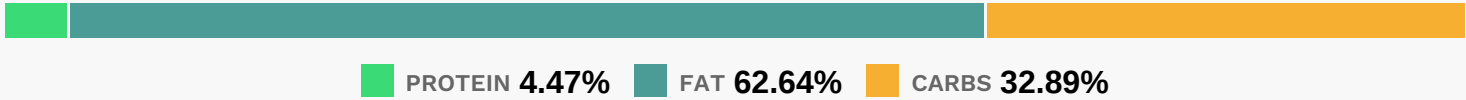
Equipment

- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Whisk together cream, milk, pineapple–orange juice, and sugar until the sugar has dissolved.
- ☐ Pour into an ice cream maker and freeze according to manufacturer's instructions.
- ☐ Five minutes before the ice cream is done, add the coconut and walnut pieces. Two minutes before the ice cream is done, add the sliced banana.

Nutrition Facts



Properties

Glycemic Index:98.43, Glycemic Load:64.54, Inflammation Score:-10, Nutrition Score:27.409999805948%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 1455.45kcal (72.77%), Fat: 104.72g (161.11%), Saturated Fat: 60.67g (379.16%), Carbohydrates: 123.74g (41.25%), Net Carbohydrates: 119.09g (43.31%), Sugar: 110.57g (122.85%), Cholesterol: 276.81mg (92.27%), Sodium: 168.64mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.61%), Vitamin A: 4019.73IU (80.39%), Vitamin C: 48.93mg (59.31%), Manganese: 1.01mg (50.34%), Vitamin B2: 0.79mg (46.34%), Phosphorus: 410.74mg (41.07%), Calcium: 389.23mg (38.92%), Vitamin D: 5.54µg (36.92%), Potassium: 1023.67mg (29.25%), Vitamin B6: 0.57mg (28.46%), Magnesium: 101.03mg (25.26%), Copper: 0.47mg (23.71%), Vitamin B12: 1.34µg (22.34%), Selenium: 14.89µg (21.28%), Vitamin B1: 0.3mg (20.09%), Fiber: 4.64g (18.57%), Folate: 70.6µg (17.65%), Vitamin B5: 1.69mg (16.9%), Vitamin E: 2.46mg (16.39%), Zinc: 2.1mg (14.01%), Vitamin K: 8.72µg (8.31%), Iron: 1.4mg (7.77%), Vitamin B3: 1.43mg (7.15%)