



Vegan Banana Coconut Ice Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



2

CALORIES



1335 kcal

DESSERT

Ingredients

- ☐ 2.5 pounds banana very ripe peeled
- ☐ 1 cup coconut milk
- ☐ 0.3 cup coconut oil (see note above)
- ☐ 0.8 cup plus light
- ☐ 1 tablespoon rum dark
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon

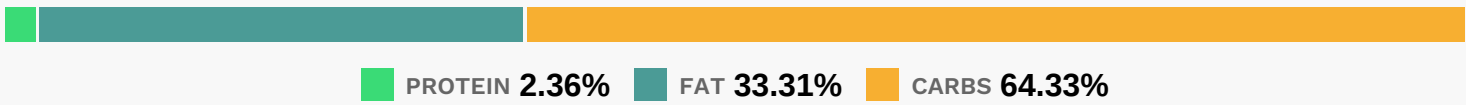
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ In a food processor, purée bananas and lemon juice until no lumps remain. With the food processor running, slowly pour in coconut, corn syrup, coconut oil, rum, and salt in slow streams.
- ☐ Strain mixture into a bowl or container and press down on the surface with plastic wrap so the mixture isn't exposed to air. Refrigerate until very cold, 3 to 4 hours, then churn in ice cream maker according to manufacturer's instructions.
- ☐ Transfer to an airtight container and chill in freezer for 3 hours before serving.
- ☐ Let ice cream sit on counter for 10 minutes before scooping.

Nutrition Facts



Properties

Glycemic Index:103.89, Glycemic Load:84.53, Inflammation Score:-8, Nutrition Score:30.04130445356%

Flavonoids

Catechin: 34.59mg, Catechin: 34.59mg, Catechin: 34.59mg, Catechin: 34.59mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 1335.09kcal (66.75%), Fat: 53.25g (81.93%), Saturated Fat: 44.49g (278.08%), Carbohydrates: 231.4g (77.13%), Net Carbohydrates: 216.64g (78.78%), Sugar: 167.57g (186.19%), Cholesterol: 0mg (0%), Sodium: 390.48mg (16.98%), Alcohol: 2.51g (100%), Alcohol %: 0.37% (100%), Protein: 8.49g (16.98%), Manganese: 2.4mg (120.09%), Vitamin B6: 2.12mg (105.8%), Potassium: 2287.64mg (65.36%), Vitamin C: 53.36mg (64.68%), Fiber: 14.76g (59.06%), Magnesium: 206.8mg (51.7%), Copper: 0.7mg (34.86%), Folate: 130.72µg (32.68%), Iron: 5.23mg

(29.05%), Vitamin B2: 0.42mg (24.43%), Phosphorus: 234.12mg (23.41%), Vitamin B3: 4.5mg (22.49%), Vitamin B5: 2.08mg (20.76%), Vitamin B1: 0.28mg (18.55%), Zinc: 2.06mg (13.73%), Selenium: 6.57µg (9.39%), Vitamin A: 363.32IU (7.27%), Calcium: 66.22mg (6.62%), Vitamin E: 0.61mg (4.05%), Vitamin K: 3µg (2.86%)