



Vegan Bananas Foster Ice Cream



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients



1 cup cane sugar organic



2 tablespoons coconut oil



3 bananas ripe smashed



8 ounce dairy-free cream cheese alternative plain room temperature (Henrie Marie used Go Veggie Vegan)



2 tablespoons rum (optional, but improves the texture and is more authentic)



2 cups coconut milk beverage



0.5 cup cane sugar organic



0.3 cup coconut milk beverage

☐ 1 teaspoon vanilla extract

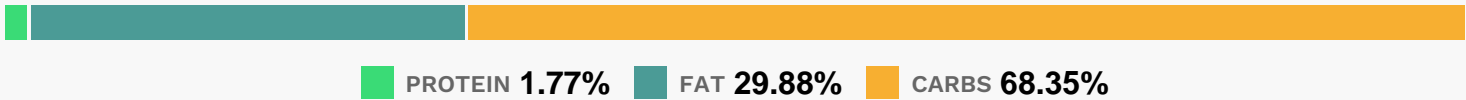
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Place the sugar and coconut oil in a sauce pan and cook over medium heat until the sugar is melted, about 2 minutes.
- ☐ Whisk in the smashed bananas and vegan cream cheese and cook for another 3 minutes, stirring constantly.
- ☐ Remove from the heat, whisk in the rum, and let the banana mixture cool for about 20 minutes.
- ☐ Once cooled, thoroughly whisk the cold milk beverage into the banana mixture.
- ☐ Process the banana mixture in your ice cream maker according to the manufacturer's instructions.
- ☐ Pack the ice cream in a freezer-safe container and freeze for about 4 hours, or until solid.
- ☐ Mix the sugar and milk beverage in a sauce pan and bring to a boil over medium heat. Cook until the mixture gets thick.
- ☐ Remove from the heat and whisk in the coconut oil and vanilla extract.
- ☐ Serve the ice cream topped with the caramel sauce.

Nutrition Facts



Properties

Glycemic Index:28.99, Glycemic Load:31.08, Inflammation Score:-2, Nutrition Score:7.7086956598189%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 333.37kcal (16.67%), Fat: 11.04g (16.99%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 56.83g (18.94%), Net Carbohydrates: 54.41g (19.79%), Sugar: 44.82g (49.8%), Cholesterol: 0mg (0%), Sodium: 284.4mg (12.37%), Alcohol: 1.42g (100%), Alcohol %: 0.98% (100%), Protein: 1.47g (2.95%), Vitamin D: 33.19µg (221.25%), Vitamin B12: 0.83µg (13.83%), Fiber: 2.41g (9.66%), Vitamin B6: 0.16mg (8.13%), Manganese: 0.12mg (6.14%), Magnesium: 23.05mg (5.76%), Calcium: 50.53mg (5.05%), Vitamin C: 3.85mg (4.67%), Potassium: 160.09mg (4.57%), Folate: 15.49µg (3.87%), Iron: 0.51mg (2.81%), Vitamin B2: 0.04mg (2.36%), Copper: 0.04mg (1.91%), Zinc: 0.24mg (1.59%), Vitamin B3: 0.3mg (1.48%), Vitamin B5: 0.15mg (1.48%)