



Banana-Berry Split



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

Ingredients

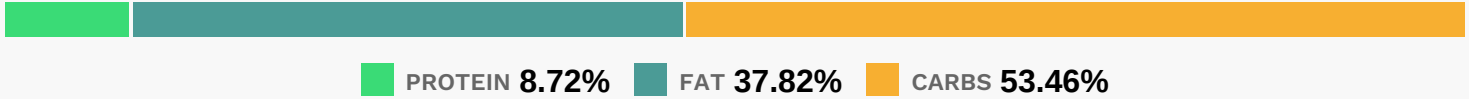
- ☐ 2 bananas sliced in half lengthwise
- ☐ 0.5 pint blackberries fresh
- ☐ 0.5 cup fudge sauce hot
- ☐ 0.5 pint raspberries fresh
- ☐ 0.5 cup peanuts salted chopped
- ☐ 6 scoops whipped cream

Equipment

Directions

☐ Place two banana halves in a serving dish; add 3 scoops vanilla ice cream between banana halves. Top with half each of Hot Fudge Sauce, blackberries, raspberries, and chopped salted peanuts. Repeat procedure with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:41.69, Glycemic Load:21.83, Inflammation Score:-8, Nutrition Score:20.486956570459%

Flavonoids

Cyanidin: 86.19mg, Cyanidin: 86.19mg, Cyanidin: 86.19mg, Cyanidin: 86.19mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 26.29mg, Catechin: 26.29mg, Catechin: 26.29mg, Catechin: 26.29mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 552.3kcal (27.61%), Fat: 24.09g (37.06%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 76.63g (25.54%), Net Carbohydrates: 64.73g (23.54%), Sugar: 46.91g (52.12%), Cholesterol: 43.94mg (14.65%), Sodium: 291.48mg (12.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Manganese: 1.52mg (75.82%), Fiber: 11.89g (47.58%), Vitamin C: 33.72mg (40.87%), Magnesium: 103.53mg (25.88%), Phosphorus: 254.58mg (25.46%), Potassium: 842.9mg (24.08%), Copper: 0.47mg (23.62%), Vitamin B2: 0.37mg (21.68%), Vitamin B3: 4.06mg (20.32%), Calcium: 198.48mg (19.85%), Vitamin B6: 0.37mg (18.43%), Folate: 68.47µg (17.12%), Vitamin E: 2.56mg (17.08%), Vitamin K: 17.87µg (17.02%), Vitamin B5: 1.43mg (14.29%), Zinc: 2.01mg (13.43%), Vitamin A: 601.4IU (12.03%), Iron: 1.93mg (10.71%), Vitamin B1: 0.16mg (10.69%), Selenium: 4.97µg (7.1%), Vitamin B12: 0.41µg (6.82%), Vitamin D: 0.2µg (1.32%)