



## Banana-Caramel Sundaes

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



251 kcal

DESSERT

### Ingredients

- 0.3 cup cinnamon-coated almonds chopped
- 2 large bananas
- 0.3 cup caramel topping fat-free (such as Smucker's)
- 1.3 cups whipped cream low-fat

### Equipment

- bowl

## Directions

- Cut each banana in half crosswise and then in half lengthwise to make 8 quarters.
- Place 2 banana quarters in each of 4 stemmed glasses or 4 individual serving bowls. Top each serving with 1/3 cup ice cream and 1 tablespoon caramel topping; sprinkle each serving with about 1 tablespoon almonds.

## Nutrition Facts



## Properties

Glycemic Index:25.19, Glycemic Load:12.96, Inflammation Score:-5, Nutrition Score:8.935217405143%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 251.23kcal (12.56%), Fat: 8.62g (13.26%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 37.67g (13.7%), Sugar: 28.06g (31.18%), Cholesterol: 13.68mg (4.56%), Sodium: 86.46mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Manganese: 0.47mg (23.27%), Vitamin E: 3.19mg (21.24%), Vitamin B2: 0.31mg (18.51%), Magnesium: 58.33mg (14.58%), Vitamin B6: 0.29mg (14.43%), Fiber: 3.41g (13.64%), Phosphorus: 129.97mg (13%), Potassium: 445.5mg (12.73%), Calcium: 123.95mg (12.4%), Copper: 0.18mg (9.22%), Vitamin C: 6.59mg (7.99%), Vitamin A: 283.34IU (5.67%), Zinc: 0.84mg (5.62%), Folate: 22.17µg (5.54%), Vitamin B5: 0.55mg (5.49%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.95mg (4.76%), Vitamin B12: 0.26µg (4.39%), Iron: 0.72mg (3.97%), Selenium: 2.37µg (3.38%)