



## Banana-Chocolate Parfait

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

### Ingredients

- 4 cups banana ripe thinly sliced ( 4 large)
- 2 ounce hazelnuts plain (such as La Tempesta)
- 6 tablespoons topping fat-free hot (such as Hershey's)
- 4 cups whipped cream low-fat (such as Starbuck's Latte)
- 1 cup whipped cream light refrigerated canned (such as Lucerne or Redi-Whip)

### Equipment

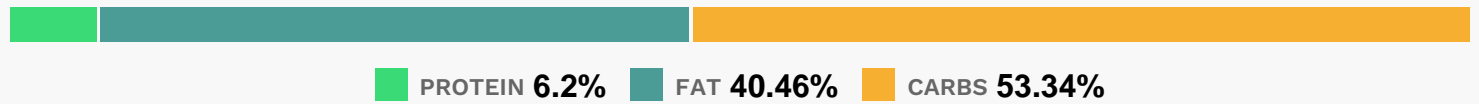
- bowl
- ziploc bags
- microwave

- rolling pin
- meat tenderizer

## Directions

- Place the biscotti in a large zip-top plastic bag, coarsely crushing them with a meat mallet or rolling pin to yield 1/2 cup; set aside.
- Place the fudge sauce in a microwave-safe bowl. Cover and microwave on high 45 seconds or until melted.
- Spoon 1/4 cup ice cream into each of the 8 parfait glasses. Top the ice cream with 1/4 cup banana and 1 tablespoon whipped cream; repeat the layers, ending with the whipped cream.
- Sprinkle each parfait with about 1 tablespoon biscotti crumbs, and top with about 1 1/2 teaspoons fudge sauce.

## Nutrition Facts



## Properties

Glycemic Index:23.22, Glycemic Load:18.11, Inflammation Score:-4, Nutrition Score:9.4747825446336%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 317.03kcal (15.85%), Fat: 14.75g (22.69%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 40.26g (14.64%), Sugar: 29.01g (32.23%), Cholesterol: 34.88mg (11.63%), Sodium: 103.46mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.17%), Manganese: 0.7mg (34.92%), Vitamin B6: 0.35mg (17.64%), Potassium: 499.53mg (14.27%), Vitamin B2: 0.24mg (14.06%), Fiber: 3.5g (13.99%), Phosphorus: 126.85mg (12.69%), Copper: 0.25mg (12.3%), Magnesium: 48.71mg (12.18%), Vitamin E: 1.76mg (11.73%), Calcium: 110.87mg (11.09%), Vitamin C: 7.4mg (8.96%), Vitamin A: 378.94IU (7.58%), Vitamin B5: 0.74mg (7.39%), Vitamin B1: 0.1mg (6.9%), Folate: 27.1µg (6.78%), Zinc: 0.89mg (5.92%), Vitamin B12: 0.29µg (4.8%), Iron: 0.78mg

(4.31%), Vitamin B3: 0.74mg (3.72%), Selenium: 2.54µg (3.63%), Vitamin K: 2.08µg (1.98%), Vitamin D: 0.16µg (1.08%)