



Banana Split



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



499 kcal

Ingredients

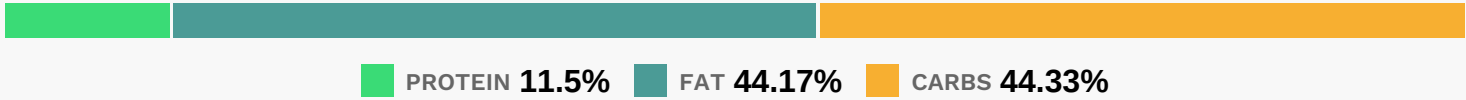
- ☐ 2 bananas halved lengthwise
- ☐ 1 pint blackberries washed picked over
- ☐ 4 servings chocolate sauce homemade store-bought
- ☐ 1 cup peanuts
- ☐ 1 pint raspberries washed picked over
- ☐ 0.5 pint whipped cream

Equipment

Directions

☐ Place the bananas in a large dish. Scoop 3 to 4 balls of ice cream onto the bananas. Top with the berries, chocolate sauce, and peanuts.

Nutrition Facts



Properties

Glycemic Index:45.26, Glycemic Load:18.05, Inflammation Score:-9, Nutrition Score:28.912174082321%

Flavonoids

Cyanidin: 172.38mg, Cyanidin: 172.38mg, Cyanidin: 172.38mg, Cyanidin: 172.38mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.69mg, Pelargonidin: 1.69mg, Pelargonidin: 1.69mg, Pelargonidin: 1.69mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 48.99mg, Catechin: 48.99mg, Catechin: 48.99mg, Catechin: 48.99mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 9.69mg, Epicatechin: 9.69mg, Epicatechin: 9.69mg, Epicatechin: 9.69mg Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 498.87kcal (24.94%), Fat: 26.24g (40.37%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 59.26g (19.75%), Net Carbohydrates: 39.86g (14.49%), Sugar: 31.09g (34.54%), Cholesterol: 26.03mg (8.68%), Sodium: 61.76mg (2.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Manganese: 2.69mg (134.4%), Fiber: 19.4g (77.61%), Vitamin C: 61.32mg (74.33%), Folate: 156.81µg (39.2%), Vitamin B3: 7.75mg (38.74%), Magnesium: 142.99mg (35.75%), Copper: 0.69mg (34.66%), Vitamin K: 33.15µg (31.57%), Potassium: 973.58mg (27.82%), Phosphorus: 278mg (27.8%), Vitamin B6: 0.47mg (23.63%), Vitamin B1: 0.35mg (23.38%), Vitamin B5: 1.9mg (19.03%), Vitamin B2: 0.31mg (18.29%), Calcium: 181.72mg (18.17%), Vitamin E: 2.68mg (17.84%), Iron: 3.2mg (17.76%), Zinc: 2.4mg (16.02%), Vitamin A: 578.97IU (11.58%), Selenium: 5.02µg (7.16%), Vitamin B12: 0.23µg (3.85%)