



## Banana Split Brownie Pizza

 Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz brownie mix
- 2 cups whipped cream softened
- 1 cup strawberries fresh sliced
- 1.5 cups banana sliced
- 0.5 cup dole pineapple tidbits dry drained (from 8-oz can)
- 0.5 cup pecans chopped
- 0.3 cup topping hot
- 1 serving whipped cream

## Equipment

- frying pan
- oven
- wire rack
- pizza pan
- toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease 12x3/4-inch pizza pan with shortening or cooking spray. Make brownie batter as directed on box for cakelike brownies.
- Spread in pan.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours.
- Spread slightly softened ice cream evenly over brownie base. Freeze at least 1 hour until ice cream is firm. Just before serving, top with strawberries and bananas; sprinkle with pineapple and pecans.
- Drizzle with topping.
- Serve with whipped cream.

## Nutrition Facts



PROTEIN 4.88% FAT 33.28% CARBS 61.84%

## Properties

Glycemic Index:18.4, Glycemic Load:5.47, Inflammation Score:-2, Nutrition Score:4.3234782607659%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin:

0.35mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 293.51kcal (14.68%), Fat: 11.05g (17%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 44.57g (16.21%), Sugar: 30.12g (33.46%), Cholesterol: 10.12mg (3.37%), Sodium: 150.33mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Manganese: 0.33mg (16.33%), Vitamin C: 9.81mg (11.89%), Iron: 1.4mg (7.81%), Fiber: 1.62g (6.49%), Copper: 0.11mg (5.63%), Vitamin B6: 0.1mg (5.17%), Potassium: 178.83mg (5.11%), Phosphorus: 49.96mg (5%), Magnesium: 19.77mg (4.94%), Vitamin B2: 0.08mg (4.89%), Vitamin B1: 0.06mg (4.01%), Calcium: 39.38mg (3.94%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.35mg (2.37%), Folate: 9.49µg (2.37%), Vitamin A: 117.08IU (2.34%), Vitamin B12: 0.09µg (1.52%), Vitamin B3: 0.29mg (1.47%), Selenium: 1µg (1.42%)