



Banana Split Brownie Pizza

 Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



495 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups banana sliced
- 1 box brownie mix (1 lb 6.25 oz)
- 0.3 cup topping hot
- 4 cups whipped cream softened
- 0.5 cup pecans chopped
- 0.5 cup pineapple fresh chopped
- 1 cup strawberries fresh sliced
- 12 servings vegetable oil for on brownie mix box

12 servings whipped cream

Equipment

frying pan

oven

pizza pan

toothpicks

Directions

Heat oven to 350F (325F for dark or nonstick pan). Grease 12x3/4-inch pizza pan with shortening or cooking spray. Make brownie batter as directed on box.

Spread in pan.

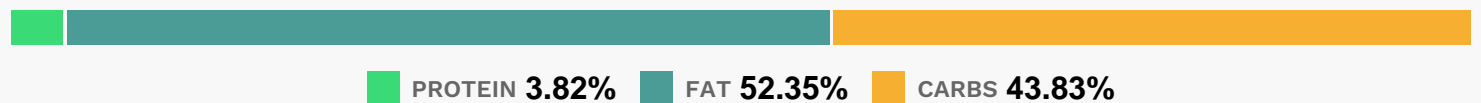
Bake 25 to 28 minutes or until toothpick inserted 2 inches from center comes out almost clean. Cool completely, about 1 hour.

Spread slightly softened ice cream evenly over brownies. 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



Properties

Glycemic Index:23.29, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:7.0226087622021%

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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg,
Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 495.2kcal (24.76%), Fat: 29.26g (45.01%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 55.12g (18.37%),
Net Carbohydrates: 53.38g (19.41%), Sugar: 36.82g (40.92%), Cholesterol: 23.98mg (7.99%), Sodium: 182.07mg
(7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin K: 26.72µg (25.44%), Manganese:
0.39mg (19.61%), Vitamin C: 12.3mg (14.91%), Vitamin E: 1.6mg (10.67%), Iron: 1.55mg (8.64%), Vitamin B2: 0.14mg
(8.22%), Phosphorus: 77.82mg (7.78%), Calcium: 72.41mg (7.24%), Fiber: 1.75g (6.98%), Potassium: 225.97mg
(6.46%), Vitamin B6: 0.12mg (5.83%), Copper: 0.12mg (5.76%), Magnesium: 22.8mg (5.7%), Vitamin A: 246.44IU
(4.93%), Vitamin B1: 0.07mg (4.43%), Zinc: 0.64mg (4.25%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.19µg (3.21%),
Folate: 11.5µg (2.88%), Selenium: 1.44µg (2.05%), Vitamin B3: 0.33mg (1.65%)