



## 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.

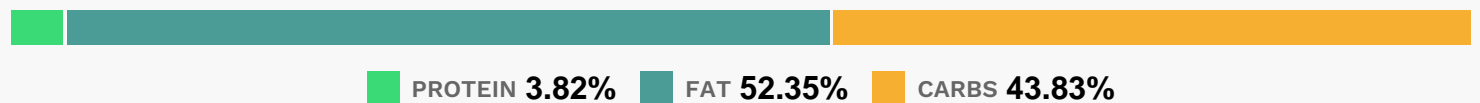
Bake 25 to 28 minutes or until toothpick inserted 2 inches from center comes out almost clean. Cool completely, about 1 hour.

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%)