



Banana Split for Two

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



360 kcal

DESSERT

Ingredients

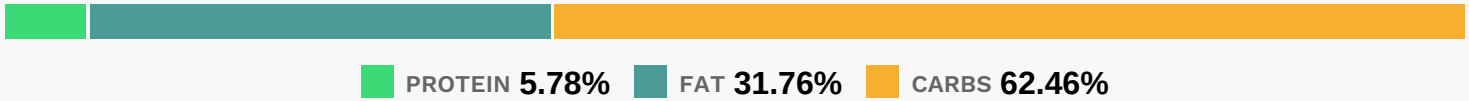
- ☐ 1 large banana split
- ☐ 1 tablespoon caramel topping fat-free
- ☐ 2 tablespoons fudge topping fat-free
- ☐ 2 tablespoons non-dairy whipped topping fat-free frozen thawed
- ☐ 1.5 cups neapolitan light

Equipment

Directions

- ☐ Place 3 (1/2-cup) scoops ice cream in a banana split dish; place half of banana on each side of scoops.
- ☐ Drizzle ice cream with caramel topping and fudge topping. Dollop with whipped topping.

Nutrition Facts



Properties

Glycemic Index:57.89, Glycemic Load:21.35, Inflammation Score:-4, Nutrition Score:8.3008695478025%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 360.26kcal (18.01%), Fat: 13.03g (20.05%), Saturated Fat: 7.68g (48.02%), Carbohydrates: 57.64g (19.21%), Net Carbohydrates: 54.63g (19.87%), Sugar: 42.32g (47.02%), Cholesterol: 44.47mg (14.82%), Sodium: 182.96mg (7.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin B2: 0.33mg (19.55%), Vitamin B6: 0.31mg (15.32%), Calcium: 149.19mg (14.92%), Potassium: 505.87mg (14.45%), Phosphorus: 144.3mg (14.43%), Manganese: 0.27mg (13.35%), Fiber: 3.01g (12.04%), Magnesium: 42.2mg (10.55%), Vitamin A: 477.57IU (9.55%), Vitamin B5: 0.84mg (8.41%), Vitamin B12: 0.48µg (8.03%), Vitamin C: 6.6mg (8%), Copper: 0.14mg (7.14%), Zinc: 0.96mg (6.38%), Vitamin E: 0.87mg (5.82%), Folate: 20.27µg (5.07%), Vitamin B1: 0.07mg (4.99%), Selenium: 3.16µg (4.52%), Vitamin B3: 0.63mg (3.15%), Iron: 0.51mg (2.86%), Vitamin D: 0.2µg (1.32%), Vitamin K: 1.13µg (1.07%)