

# Banana Split Freeze

 Gluten Free

READY IN



495 min.

SERVINGS



18

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 bananas diced
- 20 ounce pineapple crushed drained canned
- 8 ounces cream cheese softened
- 0.8 cup splenda® no calorie sweetener
- 10 ounce strawberries frozen thawed
- 8 ounce non-dairy whipped topping frozen thawed

## Equipment

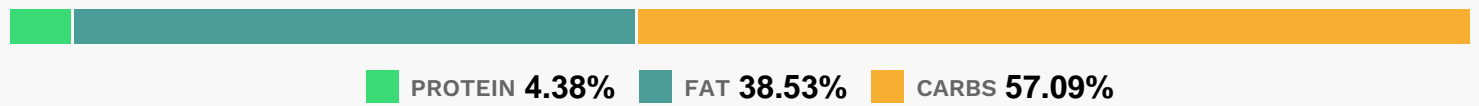
- bowl

plastic wrap

## Directions

- In a medium bowl, cream together SLENDA® Granulated Sweetener and cream cheese until smooth. In a separate bowl, mix together the pineapple, strawberries, bananas, and whipped topping. Fold the fruit mixture into the cream cheese mixture until evenly blended.
- Spread into a 9x13 inch glass dish, or divide among several smaller serving dishes. Cover with plastic wrap, and freeze overnight.
- Thaw for approximately 20 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.54, Glycemic Load:5.8, Inflammation Score:-2, Nutrition Score:3.0308696238891%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.91mg, Pelargonidin: 3.91mg, Pelargonidin: 3.91mg, Pelargonidin: 3.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 135.93kcal (6.8%), Fat: 6.1g (9.4%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.3g (7.02%), Sugar: 17g (18.89%), Cholesterol: 12.98mg (4.33%), Sodium: 49.24mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 13.36mg (16.2%), Manganese: 0.1mg (4.88%), Vitamin B6: 0.09mg (4.44%), Fiber: 1.07g (4.26%), Vitamin A: 204.57IU (4.09%), Potassium: 139.79mg (3.99%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 31.67mg (3.17%), Magnesium: 12.33mg (3.08%), Vitamin B1: 0.05mg (3.03%), Calcium: 29.38mg (2.94%), Copper: 0.05mg (2.75%), Selenium: 1.71µg (2.44%), Folate: 9.49µg

(2.37%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.14mg (1.35%), Vitamin B3: 0.26mg (1.31%), Vitamin K: 1.3µg (1.24%),  
Iron: 0.21mg (1.19%)