



Banana Split Ice Cream Cake

 Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



512 kcal

DESSERT

Ingredients

- ☐ 2 medium banana ripe sliced into 1/4-inch coins
- ☐ 8 ounces ice-cream chocolate shell softened
- ☐ 0.5 cup topping hot
- ☐ 16 ounces chocolate (chocolate preferred)
- ☐ 5 ounces strawberry ice cream softened
- ☐ 5 ounces whipped cream softened

Equipment

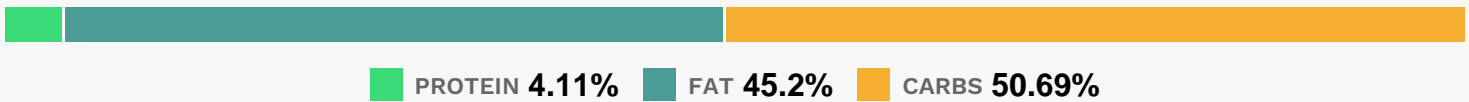
- ☐ frying pan

- ☐ plastic wrap
- ☐ wooden spoon
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Line a 9-inch cake or pie plate with plastic wrap, ensuring that once pressed into the pan, the plastic wrap extends out of the plate—this will make removal much easier later.
- ☐ Put the chocolate ice cream in the pan. Using a spatula or wooden spoon, spread the ice cream so that it forms an even layer on the bottom of the pan. Cover the chocolate ice cream layer with 1/3 of cookie crumbs.
- ☐ Spread vanilla ice cream over crumbs.
- ☐ Spread with another third of crumbs.
- ☐ Lay the banana slices on top of this crumb layer, making an even layer all across the pan.
- ☐ Spread strawberry ice cream over bananas, then top with remaining crumbs.
- ☐ Let chill for at least 3 hours, or overnight
- ☐ When you're ready to serve, remove the pan from the freezer. If you gently tug on the plastic wrap and then turn the pan over, it should come out on a serving plate fairly easily; if not, run a butter knife under hot water and gently run it along the inside of the pan (outside of the plastic wrap).
- ☐ Place a plate on top, then turn together with pan to release.
- ☐ Directly before serving, spoon the hot fudge on top of the cake, and top it with whipped cream and nuts, and, if desired, a maraschino cherry on top.

Nutrition Facts



Properties

Glycemic Index:26.05, Glycemic Load:22.83, Inflammation Score:-5, Nutrition Score:9.8647825873416%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 512.15kcal (25.61%), Fat: 27.74g (42.67%), Saturated Fat: 16.22g (101.41%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 64.95g (23.62%), Sugar: 50.36g (55.95%), Cholesterol: 22.76mg (7.59%), Sodium: 121.46mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.6mg (13.2%), Protein: 5.67g (11.34%), Manganese: 0.49mg (24.26%), Magnesium: 94.34mg (23.58%), Copper: 0.46mg (23.17%), Fiber: 5.04g (20.16%), Vitamin B2: 0.32mg (18.68%), Phosphorus: 174.92mg (17.49%), Potassium: 463.16mg (13.23%), Iron: 2.21mg (12.25%), Calcium: 99.24mg (9.92%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.17mg (8.47%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.81mg (5.43%), Vitamin A: 268.49IU (5.37%), Selenium: 3.68µg (5.26%), Vitamin C: 4.27mg (5.18%), Vitamin K: 4.33µg (4.13%), Folate: 15.91µg (3.98%), Vitamin B3: 0.74mg (3.69%), Vitamin B1: 0.05mg (3.61%), Vitamin B12: 0.22µg (3.6%)