



Banana Split Ice Cream Pie

READY IN



45 min.

SERVINGS



16

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups banana sliced (5 bananas)
- 2 tablespoons butter melted
- 0.8 cup chocolate syrup fat-free divided
- 1.3 cups chocolate wafer crumbs (25 cookies; such as Nabisco's Famous Chocolate Wafers)
- 5 tablespoons chop roasted peanuts chopped
- 1 cup pineapple coarsely chopped
- 18 ounce strawberry topping
- 1 whipped cream low-fat softened

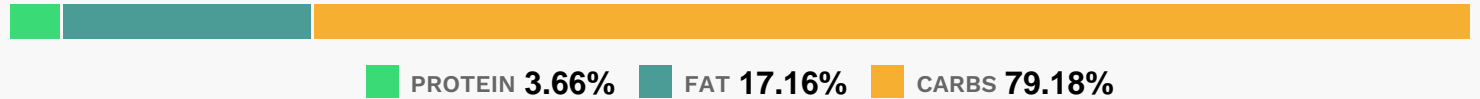
Equipment

- springform pan

Directions

- Combine crumbs and butter, stirring with a fork until moist. Press crumb mixture into bottom and 1/2 inch up sides of a 10-inch springform pan.
- Spread 1/2 cup chocolate syrup evenly over crust; top with banana.
- Spread the ice cream evenly over banana. Cover and freeze 3 hours or until firm.
- Spread the strawberry sundae topping evenly over ice cream. Cover and freeze 1 hour.
- Let stand at room temperature 5 minutes.
- Cut into 16 wedges.
- Drizzle each serving with about 3/4 teaspoon chocolate sundae syrup, and top each with 1 tablespoon chopped pineapple, about 1 teaspoon chopped peanuts, and 1 maraschino cherry, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:7.87, Inflammation Score:0, Nutrition Score:5.1895651972812%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 227.68kcal (11.38%), Fat: 4.55g (7%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 44.97g (16.35%), Sugar: 24.75g (27.5%), Cholesterol: 3.96mg (1.32%), Sodium: 92.17mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Manganese: 0.43mg (21.49%), Vitamin C: 12.59mg (15.26%), Fiber: 2.27g (9.07%), Copper: 0.18mg (8.84%), Vitamin B6: 0.17mg (8.65%), Magnesium: 32.02mg (8.01%), Potassium: 231.99mg (6.63%), Vitamin B3: 1.1mg (5.49%), Phosphorus: 52.19mg (5.22%), Iron: 0.91mg (5.08%),

Folate: 18.75µg (4.69%), Vitamin B2: 0.08mg (4.44%), Vitamin B1: 0.05mg (3.14%), Zinc: 0.37mg (2.5%), Vitamin B5: 0.24mg (2.44%), Selenium: 1.65µg (2.35%), Vitamin E: 0.33mg (2.21%), Vitamin A: 80.77IU (1.62%), Calcium: 12.12mg (1.21%)