



Banana Split Ice-Cream Sandwiches

 Dairy Free

READY IN



83 min.

SERVINGS



18

CALORIES



131 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounces marshmallows
- ☐ 6 cups kellogg's® cocoa cereal
- ☐ 2 cups strawberry ice cream softened
- ☐ 1 medium banana very thinly sliced

Equipment

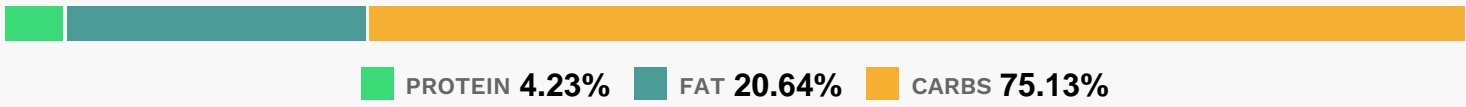
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

- ☐ microwave
- ☐ cutting board

Directions

- ☐ Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil. Spray foil with cooking spray.
- ☐ Place butter in large microwavable bowl. Microwave uncovered on High about 30 seconds or until melted. Stir in marshmallows. Microwave on High 1 to 3 minutes, stirring every 30 seconds, until marshmallows are melted and smooth. Stir in cereal. Spoon cereal mixture into pan; spread evenly and firmly. Freeze 15 minutes.
- ☐ Turn pan upside down onto cutting board; remove foil.
- ☐ Cut cereal mixture into 18 squares. Spoon about 1/4 cup ice cream onto 9 of the squares; spread slightly.
- ☐ Place 4 banana slices on each. Top with remaining squares; press slightly. Freeze about 45 minutes or until firm.
- ☐ Cut each sandwich crosswise in half. Wrap each in waxed paper. Freeze up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:6.92, Inflammation Score:-4, Nutrition Score:6.1817391061265%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 131.21kcal (6.56%), Fat: 3.16g (4.85%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 24.85g (9.03%), Sugar: 12.52g (13.91%), Cholesterol: 4.25mg (1.42%), Sodium: 101.29mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin B2: 0.23mg (13.82%), Vitamin B6: 0.25mg (12.7%), Vitamin B12: 0.72µg (11.96%), Folate: 47.61µg (11.9%), Vitamin B1: 0.18mg (11.79%), Iron: 2.08mg (11.56%), Zinc: 1.73mg (11.55%), Vitamin B3: 2.3mg (11.49%), Vitamin A: 329.01IU (6.58%), Calcium: 63.17mg (6.32%), Vitamin C: 4.37mg (5.29%), Phosphorus: 44.11mg (4.41%), Fiber: 1g (4%), Manganese: 0.07mg (3.72%), Vitamin D: 0.44µg (2.96%), Magnesium: 11.2mg (2.8%), Potassium: 84.97mg (2.43%), Copper: 0.04mg (2.03%), Selenium: 1.34µg (1.91%), Vitamin B5: 0.18mg (1.76%)