



Banana Split Ice-Cream Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

DESSERT

Ingredients

- 0.8 cup bananas ripe mashed ()
- 3 tablespoons chocolate syrup
- 6 tablespoons roasted peanuts divided coarsely chopped
- 1 large eggs
- 6 tablespoons flour all-purpose sifted
- 2 cups vanilla ice cream low-fat softened
- 6 maraschino cherries drained
- 7 tablespoons powdered sugar
- 0.3 teaspoon vanilla extract

- 6 tablespoons cool whip fat-free frozen thawed

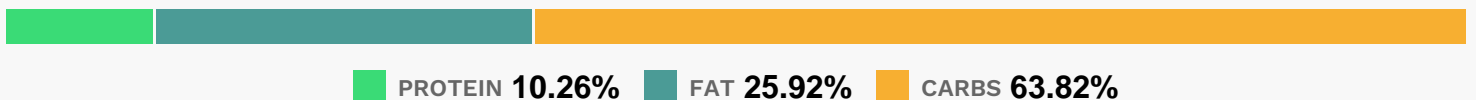
Equipment

- baking sheet
- baking paper
- oven
- whisk
- blender

Directions

- To prepare cookies, combine sugar and flour, stirring with a whisk.
- Add vanilla and egg, and beat with a mixer at medium speed 2 minutes. Cover and refrigerate 2 hours.
- Preheat oven to 35
- Cover a large baking sheet with parchment paper. Draw 6 (3-inch) circles on paper. Turn paper over, and secure with masking tape. Spoon about 1 tablespoon batter into center of each drawn circle; spread batter to outside edge of each circle.
- Bake at 350 for 6 minutes or until edges begin to brown. Carefully remove cookies from paper, and cool completely on wire racks. Repeat procedure with the remaining batter, reusing the parchment paper.
- To prepare the filling, combine the ice cream, banana, and 1/4 cup peanuts, stirring well.
- Place 1 cookie on each of 6 plates. Carefully spread about 1/3 cup ice cream mixture over flat side of each cookie. Top with remaining cookies, flat sides down, pressing gently. Top each sandwich with 1 tablespoon whipped topping, 1 tablespoon chocolate syrup, 1 teaspoon peanuts, and 1 cherry.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:12.58, Inflammation Score:-4, Nutrition Score:8.1034782658453%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg 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: 292.99kcal (14.65%), Fat: 8.66g (13.32%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 45.54g (16.56%), Sugar: 31.45g (34.95%), Cholesterol: 45.4mg (15.13%), Sodium: 103.9mg (4.52%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 7.71g (15.42%), Manganese: 0.41mg (20.35%), Vitamin B2: 0.27mg (15.77%), Phosphorus: 137.79mg (13.78%), Vitamin B3: 2.25mg (11.24%), Calcium: 107.84mg (10.78%), Selenium: 7.49µg (10.69%), Magnesium: 41.22mg (10.3%), Folate: 39.87µg (9.97%), Fiber: 2.41g (9.65%), Potassium: 331.94mg (9.48%), Vitamin B1: 0.14mg (9.14%), Vitamin B6: 0.18mg (8.78%), Copper: 0.17mg (8.67%), Vitamin B5: 0.64mg (6.42%), Vitamin B12: 0.38µg (6.32%), Iron: 1.13mg (6.28%), Vitamin A: 300.11IU (6%), Zinc: 0.87mg (5.82%), Vitamin C: 3.07mg (3.73%), Vitamin D: 0.22µg (1.45%), Vitamin E: 0.19mg (1.26%)