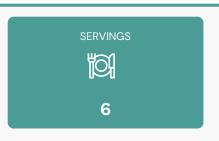


# **Banana Split Ice-Cream Sandwiches**







DESSERT

### Ingredients

0.8 cup bananas ripe mashed ()
6 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		
	bowl	
	baking sheet	
	baking paper	
	oven	
	whisk	
	blender	
Directions		
	To prepare cookies, combine sugar and flour, stirring with a whisk.	
	Add vanilla and egg; 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; 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 remaining batter, reusing the parchment paper.	
	To prepare filling, combine ice cream and banana in a chilled bowl, stirring well.	
	Place 1/4 cup peanuts in a shallow bowl.	
	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. Lightly roll the sides of each sandwich in peanuts.	
	Top each sandwich with 1 tablespoon whipped topping, 1 tablespoon chocolate syrup, remaining 1 teaspoon peanuts, and 1 cherry.	
	Serve immediately.	

## **Nutrition Facts**

### **Properties**

Glycemic Index:27.63, Glycemic Load:12.58, Inflammation Score:-4, Nutrition Score:8.6156521595043%

#### **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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### **Nutrients** (% of daily need)

Calories: 320.89kcal (16.04%), Fat: 8.77g (13.49%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 51.79g (18.83%), Sugar: 36.42g (40.47%), Cholesterol: 45.4mg (15.13%), Sodium: 111.1mg (4.83%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 7.92g (15.84%), Manganese: 0.45mg (22.26%), Vitamin B2: 0.27mg (16.07%), Phosphorus: 150.69mg (15.07%), Magnesium: 47.72mg (11.93%), Vitamin B3: 2.28mg (11.4%), Copper: 0.22mg (11.23%), Calcium: 109.24mg (10.92%), Selenium: 7.63µg (10.89%), Fiber: 2.67g (10.7%), Potassium: 354.34mg (10.12%), Folate: 40.07µg (10.02%), Vitamin B1: 0.14mg (9.2%), Vitamin B6: 0.18mg (8.81%), Iron: 1.34mg (7.45%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.38µg (6.32%), Zinc: 0.95mg (6.31%), Vitamin A: 300.11IU (6%), Vitamin C: 3.09mg (3.75%), Vitamin D: 0.22µg (1.45%), Vitamin E: 0.19mg (1.28%)