



## Banana Split Ice-Cream Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

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



■ PROTEIN 9.64% ■ FAT 24.03% ■ CARBS 66.33%

## 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: 0.03mg Quercetin: 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%)