



## Banana Split Ice Cream Sundae

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



165 kcal

DESSERT

### Ingredients

- 4 small bananas ripe halved lengthwise
- 8 chocolate chip cookie mix halved (2 inch)
- 0.5 cup chocolate syrup
- 8 small scoops whipped cream (1 pint)
- 1 cup cool whip whipped topping thawed

### Equipment

## Directions

- Stand 4 cookie halves and 2 banana halves in each of 4 oval ice cream dishes.
- Place 2 scoops of the ice cream in each dish; top evenly with the chocolate topping and whipped topping.
- Serve immediately.

## Nutrition Facts

**PROTEIN 5.11%** **FAT 32.84%** **CARBS 62.05%**

## Properties

Glycemic Index:10.96, Glycemic Load:9.75, Inflammation Score:-2, Nutrition Score:3.4273912764114%

## Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg 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: 165.44kcal (8.27%), Fat: 6.14g (9.45%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 24.74g (9%), Sugar: 18.79g (20.88%), Cholesterol: 16.06mg (5.35%), Sodium: 60.29mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 62.36mg (6.24%), Vitamin B6: 0.12mg (5.87%), Potassium: 204.6mg (5.85%), Manganese: 0.11mg (5.69%), Fiber: 1.37g (5.48%), Magnesium: 20.99mg (5.25%), Calcium: 51.35mg (5.14%), Copper: 0.08mg (4.04%), Vitamin A: 169.13IU (3.38%), Vitamin C: 2.57mg (3.12%), Vitamin B5: 0.3mg (2.96%), Vitamin B1: 0.04mg (2.94%), Folate: 11.43µg (2.86%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.15µg (2.45%), Iron: 0.39mg (2.16%), Vitamin B3: 0.37mg (1.87%), Selenium: 1.16µg (1.66%), Vitamin E: 0.16mg (1.06%)