

Banana Split Salad

 Gluten Free

READY IN



10 min.

SERVINGS



15

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium banana firm chopped
- 20 ounces pineapple crushed drained canned
- 8 ounces cream cheese softened
- 15 servings food coloring red
- 10 ounces karo syrup frozen thawed sliced
- 0.5 cup sugar
- 1 cup walnut pieces chopped
- 12 ounces non-dairy whipped topping frozen thawed

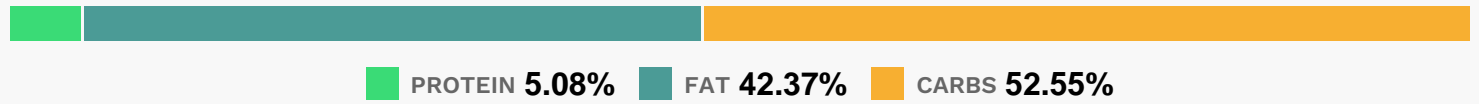
Equipment

bowl

Directions

- In a large bowl, beat the cream cheese and sugar until smooth. Stir in pineapple, strawberries and bananas. Fold in the whipped topping, walnuts and food coloring if desired.
- Pour into an oiled 13-in. x 9-in. dish. Cover and freeze until firm, at least 3 hours.
- Remove from the freezer 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:6.73, Inflammation Score:-3, Nutrition Score:4.5013043673142%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 13.37g (20.57%), Saturated Fat: 6.12g (38.22%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 35.89g (13.05%), Sugar: 31.34g (34.82%), Cholesterol: 15.72mg (5.24%), Sodium: 77.98mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Manganese: 0.31mg (15.54%), Copper: 0.18mg (9.11%), Vitamin B6: 0.14mg (7.05%), Phosphorus: 66.06mg (6.61%), Magnesium: 25.19mg (6.3%), Vitamin C: 5.02mg (6.09%), Calcium: 57.91mg (5.79%), Fiber: 1.42g (5.69%), Vitamin B1: 0.08mg (5.2%), Potassium: 180.59mg (5.16%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 250.37IU (5.01%), Selenium: 2.58µg (3.68%), Folate: 14.72µg (3.68%), Zinc: 0.4mg (2.68%), Iron: 0.42mg (2.31%), Vitamin E: 0.32mg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.34mg (1.68%), Vitamin K: 1.6µg (1.52%), Vitamin B12: 0.08µg (1.31%)