



Banana Split Shortcakes

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 0.3 cup sugar
- ☐ 3 tablespoons cocoa powder
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup milk
- ☐ 2 cups whipped cream
- ☐ 10 ounces strawberries frozen thawed
- ☐ 2 medium banana sliced
- ☐ 0.3 cup topping

- ☐ 1 serving non-dairy whipped topping
- ☐ 1 serving maraschino cherries
- ☐ 2 cups frangelico

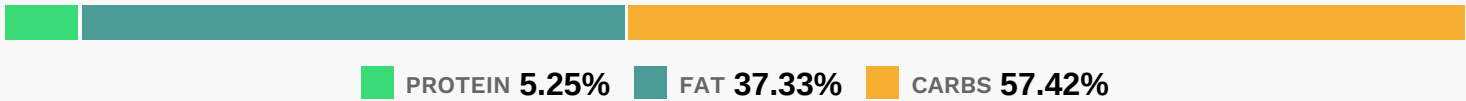
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 425°F.
- ☐ Mix Bisquick mix, sugar and cocoa in medium bowl. Stir in butter and milk until soft dough forms.
- ☐ Drop dough by 6 spoonfuls onto ungreased cookie sheet.
- ☐ Bake 10 to 12 minutes or until knife inserted in center of shortcake comes out clean. Cool 5 minutes. Split warm shortcakes. Fill with ice cream, strawberries, bananas and fudge topping. Top with whipped topping, cherries and, if desired, additional fudge topping.

Nutrition Facts



Properties

Glycemic Index:43.98, Glycemic Load:19.69, Inflammation Score:-6, Nutrition Score:9.040434712949%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.49mg, Catechin: 5.49mg, Catechin: 5.49mg, Catechin: 5.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 299.6kcal (14.98%), Fat: 13g (20%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 45g (15%), Net Carbohydrates: 41.42g (15.06%), Sugar: 33.46g (37.17%), Cholesterol: 21.94mg (7.31%), Sodium: 154.84mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.64mg (2.21%), Protein: 4.11g (8.22%), Vitamin C: 31.51mg (38.19%), Manganese: 0.44mg (21.82%), Fiber: 3.58g (14.33%), Phosphorus: 119.56mg (11.96%), Potassium: 409.23mg (11.69%), Vitamin B2: 0.2mg (11.51%), Magnesium: 44.21mg (11.05%), Calcium: 103.46mg (10.35%), Vitamin B6: 0.21mg (10.32%), Copper: 0.2mg (10.23%), Vitamin A: 500.6IU (10.01%), Vitamin E: 0.88mg (5.84%), Folate: 22.81µg (5.7%), Vitamin B5: 0.55mg (5.5%), Zinc: 0.79mg (5.28%), Vitamin B12: 0.3µg (4.96%), Iron: 0.86mg (4.76%), Vitamin B1: 0.06mg (4%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.6mg (3.02%), Vitamin D: 0.31µg (2.08%), Vitamin K: 1.84µg (1.76%)