



## Banana Split Stand 'N Stuff Dessert Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 banana split cut in half lengthwise and
- 8 small scoops ice-cream chocolate shell
- 6.7 oz flour tortilla soft old el paso® stuff®
- 16 maraschino cherries
- 0.5 cup semi chocolate chips melted
- 8 small scoops strawberry ice cream
- 8 small scoops whipped cream
- 8 servings vegetable oil for frying

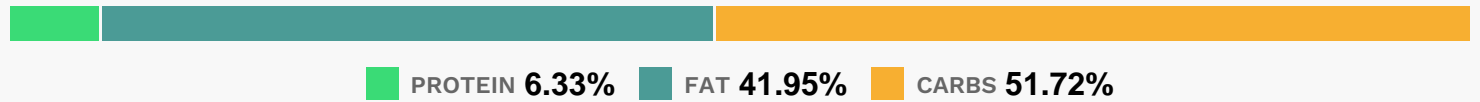
# Equipment

- paper towels
- sauce pan

# Directions

- In 3-quart saucepan, heat 2 to 3 inches oil to 375°F. Fry 1 tortilla at a time in oil, 1 to 2 minutes on each side, until golden brown and puffed.
- Drain on paper towels.
- Just before serving, in each fried tortilla, place 1 scoop of each of the ice creams, then one-fourth of a banana. Top with 2 cherries.
- Drizzle with chocolate. Spray whipped cream on top.

# Nutrition Facts



# Properties

Glycemic Index:24.97, Glycemic Load:25.1, Inflammation Score:-7, Nutrition Score:14.668695605319%

# Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg 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: 611.2kcal (30.56%), Fat: 29.19g (44.91%), Saturated Fat: 16.03g (100.19%), Carbohydrates: 80.96g (26.99%), Net Carbohydrates: 76.29g (27.74%), Sugar: 43.25g (48.05%), Cholesterol: 71.29mg (23.76%), Sodium: 319.13mg (13.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.65mg (3.89%), Protein: 9.91g (19.82%), Vitamin B2: 0.55mg (32.28%), Phosphorus: 290.87mg (29.09%), Calcium: 284.13mg (28.41%), Manganese: 0.5mg (24.82%), Fiber: 4.67g (18.66%), Magnesium: 71.01mg (17.75%), Potassium: 620.94mg (17.74%), Copper: 0.33mg (16.56%), Vitamin A: 792.63IU (15.85%), Selenium: 10.65µg (15.21%), Vitamin B1: 0.22mg (14.44%), Vitamin B5: 1.4mg (14.01%), Iron: 2.5mg (13.92%), Folate: 50µg (12.5%), Vitamin B6: 0.23mg (11.38%), Vitamin B12: 0.67µg (11.12%), Zinc: 1.56mg (10.38%), Vitamin C: 8.51mg (10.31%), Vitamin B3: 1.68mg (8.39%), Vitamin K: 8.36µg (7.96%), Vitamin E: 0.73mg (4.84%), Vitamin D: 0.26µg (1.76%)