



Banana Split Stand 'N Stuff™ Dessert Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



550 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 banana split cut in half lengthwise and
- ☐ 8 small scoops ice-cream chocolate shell
- ☐ 1 flour tortilla soft
- ☐ 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

☐ 1 can whipped cream

Equipment

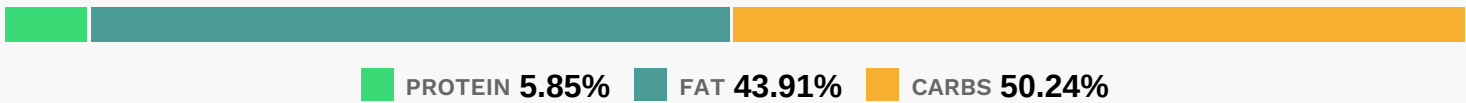
☐ paper towels

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat 2 to 3 inches oil to 375F. 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:31.85, Glycemic Load:21.99, Inflammation Score:-6, Nutrition Score:12.491304314655%

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: 550.34kcal (27.52%), Fat: 27.62g (42.49%), Saturated Fat: 15.46g (96.65%), Carbohydrates: 71.1g (23.7%), Net Carbohydrates: 67.13g (24.41%), Sugar: 42.51g (47.24%), Cholesterol: 71.39mg (23.8%), Sodium: 171.99mg (7.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.65mg (3.89%), Protein: 8.27g (16.55%), Vitamin B2: 0.49mg (28.97%), Calcium: 255.07mg (25.51%), Phosphorus: 249.8mg (24.98%), Manganese: 0.4mg (19.88%), Potassium: 596.13mg (17.03%), Magnesium: 66.62mg (16.66%), Vitamin A: 793.48IU (15.87%), Fiber: 3.97g (15.86%), Copper: 0.31mg (15.52%), Vitamin B5: 1.37mg (13.69%), Vitamin B12: 0.67µg (11.12%), Vitamin B6: 0.22mg (10.79%), Vitamin C: 8.51mg (10.31%), Iron: 1.78mg (9.88%), Zinc: 1.45mg (9.68%), Selenium: 6.19µg (8.84%), Folate: 31.21µg (7.8%), Vitamin B1: 0.12mg (7.74%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.73mg (4.84%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.26µg (1.76%)