



Banana Split Sundae Ice Cream Cake

READY IN



45 min.

SERVINGS



18

CALORIES



448 kcal

DESSERT

Ingredients

- 2 cups graham cracker crumbs
- 0.5 cup butter unsalted melted
- 5 medium banana sliced into 1/2 inch rounds
- 1.5 quarts strawberry ice cream softened
- 1 cup walnut pieces chopped
- 1 cup chocolate chips
- 1 cup sugar
- 1 cup evaporated milk
- 1 teaspoon vanilla extract

- 8 ounce non-dairy whipped topping

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap

Directions

- In a small bowl, combine the graham cracker crumbs and the melted butter. Set aside 1/4 cup of the mixture then press the remainder into the bottom of a 9 x 13 pan.
- Place the bananas in a single layer over the crust.
- Spread the softened ice cream on top and smooth.
- Sprinkle the nuts on the ice cream, then cover with plastic wrap and freeze until firm, about 2 hours.
- In a medium saucepan, melt the chocolate chips and the remaining 1/4 cup butter and stir until smooth.
- Add the confectioner's sugar and evaporated milk. Cook, stirring constantly over medium heat until slightly thickened and smooth, about 8 minutes.
- Remove the pan from the heat and stir in vanilla. Cool the mixture about 30 minutes stirring occasionally.
- Pour the mixture over the ice cream and freeze until firm, about 1 hour.
- Spread the whipped topping over the chocolate layer and sprinkle with reserved crumbs. Freeze for at least 4 hours or overnight.
- Remove from freezer 20 minutes before serving.

Nutrition Facts



PROTEIN 5.09% **FAT 43.89%** **CARBS 51.02%**

Properties

Glycemic Index:12.16, Glycemic Load:16.5, Inflammation Score:-4, Nutrition Score:8.2652173913043%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 448.42kcal (22.42%), Fat: 22.62g (34.8%), Saturated Fat: 11.77g (73.53%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 56.83g (20.67%), Sugar: 27.53g (30.59%), Cholesterol: 40.74mg (13.58%), Sodium: 134.02mg (5.83%), Protein: 5.91g (11.81%), Manganese: 0.37mg (18.7%), Vitamin B2: 0.32mg (18.66%), Phosphorus: 166.69mg (16.67%), Calcium: 164.3mg (16.43%), Potassium: 396.57mg (11.33%), Vitamin C: 9.27mg (11.24%), Vitamin B6: 0.21mg (10.69%), Magnesium: 40.06mg (10.02%), Vitamin A: 475IU (9.5%), Fiber: 2.31g (9.26%), Copper: 0.17mg (8.32%), Vitamin B5: 0.81mg (8.11%), Folate: 28.37µg (7.09%), Vitamin B1: 0.1mg (6.57%), Zinc: 0.83mg (5.51%), Vitamin B12: 0.29µg (4.92%), Iron: 0.87mg (4.84%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.82mg (4.1%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.27µg (1.21%)