



Banana Split Sundaes

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 1.3 cups banana sliced (2 bananas)
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce warmed
- ☐ 0.3 cup topping dark warmed
- ☐ 0.5 cup chop roasted peanuts coarsely chopped
- ☐ 1.5 teaspoons granulated sugar
- ☐ 4 cups vanilla ice cream light
- ☐ 2 cups strawberries diced
- ☐ 0.3 teaspoon vanilla extract

☐ 0.3 cup whipping cream

Equipment

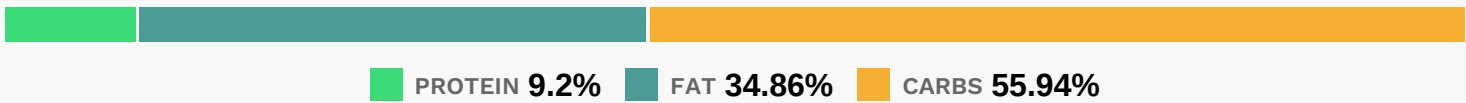
☐ bowl

☐ blender

Directions

- ☐ Combine first 3 ingredients in a bowl. Beat with mixer at medium speed until soft peaks form.
- ☐ Scoop 1/2 cup ice cream into each of 8 bowls. Top each with 1/4 cup strawberries and 2 1/2 tablespoons banana.
- ☐ Drizzle 1 1/2 teaspoons each of Dark Chocolate Sauce and caramel sauce over each serving. Top each with 1 tablespoon sweetened whipped cream and 1 tablespoon almonds.
- ☐ Tip: For portion control, scoop the ice cream for the kids, and then let them assemble everything else themselves.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:11.92, Inflammation Score:-5, Nutrition Score:9.2052174806595%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 301.25kcal (15.06%), Fat: 12.05g (18.54%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 40.89g (14.87%), Sugar: 30.19g (33.54%), Cholesterol: 29.02mg (9.67%), Sodium: 154.25mg (6.71%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 7.15g (14.3%), Vitamin C: 24.22mg (29.36%), Manganese: 0.44mg (22.02%), Vitamin B2: 0.26mg (15.31%), Calcium: 147.77mg (14.78%), Phosphorus: 142.4mg (14.24%), Potassium: 395.41mg (11.3%), Magnesium: 43.78mg (10.95%), Fiber: 2.61g (10.44%), Vitamin A: 475.68IU (9.51%), Vitamin B6: 0.19mg (9.27%), Vitamin B3: 1.78mg (8.89%), Folate: 27.8µg (6.95%), Vitamin E: 1mg (6.69%), Zinc: 1mg (6.65%), Vitamin B5: 0.66mg (6.61%), Vitamin B12: 0.39µg (6.46%), Copper: 0.12mg (6.13%), Vitamin B1: 0.08mg (5.01%), Selenium: 3.31µg (4.73%), Iron: 0.63mg (3.51%), Vitamin K: 1.69µg (1.61%), Vitamin D: 0.19µg (1.3%)