



## Banana Split-Up

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**718 kcal**

DESSERT

## Ingredients

- 2 bananas with a krinkel cutter, on the bias ripe sliced
- 0.3 cup cashew pieces unsalted chopped
- 0.5 cup chocolate sauce
- 1.3 cups plus
- 1 pinch cream of tartar
- 4 egg whites
- 0.3 cup pineapple sauce store bought
- 4 servings marshmallow sauce

- 2 flavors ice cream
- 1 pinch salt
- 0.8 cup sugar plus 1 tablespoon sugar
- 2 teaspoons vanilla
- 0.5 cup warm water
- 6 tablespoons water

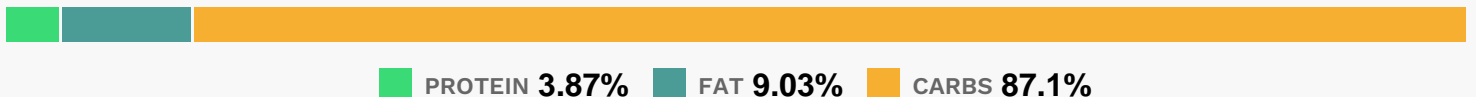
## Equipment

- bowl
- sauce pan

## Directions

- Place the water, corn syrup, and 3/4 cup sugar in a saucepan and cook to 246 degrees F.
- Meanwhile, whip the whites with the salt and cream of tartar in a clean dry bowl until stiff then add the 1 tablespoon sugar and continue whipping on medium speed until the syrup is ready.
- Drizzle in the hot syrup and then continue to mix on high for 5 minutes to cool it.
- Add the vanilla and water gradually to thin it out to make a sauce. Keep chilled until ready to use.
- In each of 4 wide dessert bowls, place 4 slices of banana. Top them each with a small scoop of ice cream alternating flavors.
- Drizzle them with chocolate sauce, then alternate spoonfuls of marshmallow sauce and pineapple sauce, then sprinkle with chopped nuts.

## Nutrition Facts



## Properties

Glycemic Index:57.52, Glycemic Load:48.87, Inflammation Score:-2, Nutrition Score:8.3330434279759%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 718.34kcal (35.92%), Fat: 7.57g (11.64%), Saturated Fat: 2.24g (14%), Carbohydrates: 164.19g (54.73%), Net Carbohydrates: 161.32g (58.66%), Sugar: 144.38g (160.42%), Cholesterol: 0.6mg (0.2%), Sodium: 451.73mg (19.64%), Alcohol: 0.69g (100%), Alcohol %: 0.25% (100%), Protein: 7.29g (14.58%), Manganese: 0.44mg (22.18%), Copper: 0.38mg (18.76%), Magnesium: 62.91mg (15.73%), Selenium: 10.05µg (14.36%), Potassium: 468.28mg (13.38%), Vitamin B2: 0.22mg (13.19%), Vitamin B6: 0.26mg (13%), Fiber: 2.87g (11.47%), Phosphorus: 102.81mg (10.28%), Zinc: 1.36mg (9.09%), Vitamin B1: 0.13mg (8.65%), Vitamin E: 1.13mg (7.55%), Iron: 1.24mg (6.89%), Vitamin C: 5.25mg (6.37%), Calcium: 43.33mg (4.33%), Folate: 16.56µg (4.14%), Vitamin K: 4µg (3.81%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.61mg (3.07%)