



Banana Split with Curried Chocolate-Coconut Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1187 kcal

Ingredients

- ☐ 4 bananas peeled halved lengthwise
- ☐ 0.3 cup cream of coconut sweetened canned (such as Coco López)
- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons rum dark
- ☐ 1 cup cubes pineapple cored peeled
- ☐ 1 teaspoon lime zest finely grated
- ☐ 1 tablespoon powdered sugar
- ☐ 6 ounces bittersweet chocolate chopped

- ☐ 4 servings coconut or sweetened flaked toasted
- ☐ 2 tablespoons butter unsalted ()
- ☐ 1 quart whipped cream
- ☐ 0.8 cup whipping cream chilled

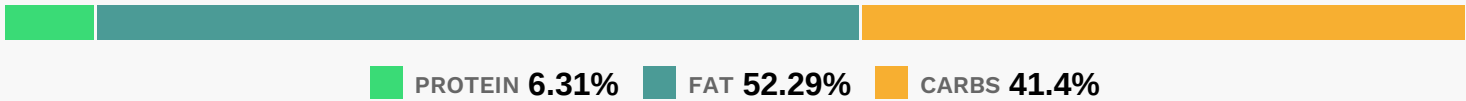
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir chocolate and butter in medium saucepan over low heat until smooth.
- ☐ Whisk in next 4 ingredients. (Can be made 1 day ahead. Cover and chill.) Stir sauce over low heat until just warm.
- ☐ Whisk cream and powdered sugar in medium bowl to peaks; chill until ready to use. Arrange 2 banana halves in each of 4 long shallow dishes.
- ☐ Add 3 scoops ice cream to each dish. Spoon warm sauce over ice cream. Top with pineapple, whipped cream, and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:46.13, Inflammation Score:-9, Nutrition Score:23.823478512142%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1186.59kcal (59.33%), Fat: 69.01g (106.17%), Saturated Fat: 42.49g (265.54%), Carbohydrates: 122.91g (40.97%), Net Carbohydrates: 113.72g (41.35%), Sugar: 96.67g (107.41%), Cholesterol: 187.39mg (62.46%), Sodium: 591.78mg (25.73%), Alcohol: 2.51g (100%), Alcohol %: 0.63% (100%), Caffeine: 36.57mg (12.19%), Protein: 18.74g (37.49%), Manganese: 0.96mg (47.78%), Vitamin B2: 0.76mg (44.99%), Phosphorus: 417.38mg (41.74%), Vitamin A: 1933.85IU (38.68%), Calcium: 371.31mg (37.13%), Fiber: 9.19g (36.75%), Magnesium: 146.17mg (36.54%), Copper: 0.7mg (34.82%), Potassium: 1198.18mg (34.23%), Vitamin B6: 0.59mg (29.45%), Iron: 3.75mg (20.86%), Zinc: 3.1mg (20.67%), Vitamin B5: 2.02mg (20.2%), Vitamin B12: 1.08µg (18.04%), Selenium: 10.77µg (15.38%), Vitamin C: 12.21mg (14.8%), Vitamin E: 1.87mg (12.48%), Vitamin B1: 0.16mg (10.65%), Folate: 39.03µg (9.76%), Vitamin D: 1.29µg (8.61%), Vitamin B3: 1.49mg (7.45%), Vitamin K: 7.28µg (6.93%)