

Banana Splits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



1264 kcal

DESSERT

Ingredients

- ☐ 8 bananas
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup heavy cream
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon coffee granules
- ☐ 16 maraschino cherries
- ☐ 1 teaspoon orange zest grated

- ☐ 2 cups pineapple chunks canned drained
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 1 pound strawberries sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 4 pints whipped cream
- ☐ 0.5 cup walnut pieces

Equipment

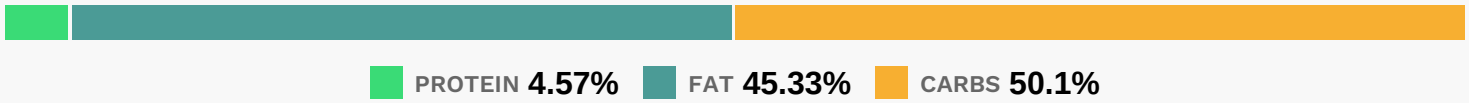
- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Make wet walnuts: Stir 1/4 cup water and sugar over medium-high heat until boiling and sugar dissolves. Simmer until syrup turns a deep amber color, 6 minutes.
- ☐ Remove from heat; whisk in cream. Return to heat; stir until smooth.
- ☐ Add nuts and pour into a bowl; let cool.
- ☐ Make chocolate sauce: Warm cream, butter and coffee until simmering.
- ☐ Remove from heat.
- ☐ Add chocolate; stir until smooth. Stir in vanilla; let cool.
- ☐ Make pineapple sauce: Bring all ingredients and 1/3 cup water to boil over medium-high heat, stirring. Simmer, uncovered, for 30 minutes, until thickened. Pulse in a food processor until chunky.
- ☐ Pour into a bowl; cool.
- ☐ Make strawberry sauce: Cook all ingredients in 1/4 cup water over medium heat, stirring, until strawberries begin to break up, 10 minutes.

- ☐
- Pour into a bowl; cool.
- ☐
- Assemble splits: Divide bananas, ice cream and sauces among dishes; top with whipped cream and cherries.

Nutrition Facts



Properties

Glycemic Index:48.26, Glycemic Load:78.04, Inflammation Score:-9, Nutrition Score:27.838260754295%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1263.82kcal (63.19%), Fat: 65.34g (100.52%), Saturated Fat: 37.49g (234.32%), Carbohydrates: 162.43g (54.14%), Net Carbohydrates: 152.7g (55.53%), Sugar: 135.65g (150.73%), Cholesterol: 176.8mg (58.93%), Sodium: 211.79mg (9.21%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Caffeine: 26.34mg (8.78%), Protein: 14.83g (29.67%), Vitamin C: 51.38mg (62.27%), Manganese: 1.19mg (59.35%), Vitamin B2: 0.82mg (48.52%), Phosphorus: 426.71mg (42.67%), Vitamin A: 2047.5IU (40.95%), Calcium: 398.06mg (39.81%), Fiber: 9.74g (38.95%), Potassium: 1309.2mg (37.41%), Magnesium: 147.57mg (36.89%), Copper: 0.73mg (36.6%), Vitamin B6: 0.69mg (34.42%), Vitamin B5: 2.13mg (21.27%), Zinc: 3.1mg (20.68%), Vitamin B12: 1.07µg (17.86%), Iron: 3.06mg (16.97%), Vitamin B1: 0.25mg (16.92%), Folate: 61.67µg (15.42%), Selenium: 10.76µg (15.37%), Vitamin E: 1.82mg (12.11%), Vitamin D: 1.45µg (9.68%), Vitamin B3: 1.83mg (9.13%), Vitamin K: 7.38µg (7.03%)