



Banana Splits with Fruit Salsa

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

READY IN



15 min.

SERVINGS



6

CALORIES



339 kcal

DESSERT

Ingredients

- 0.7 cup kiwi fruit peeled chopped
- 0.5 cup cranberry-orange relish peeled chopped
- 0.5 cup strawberries sliced
- 1 tablespoon juice of lime
- 2 teaspoons sugar
- 0.5 teaspoon ground ginger finely chopped
- 3 medium banana
- 6 cups vanilla yogurt frozen low-fat

- 0.5 cup non-dairy whipped topping
- 1 serving mint
- 6 maraschino cherries with stems

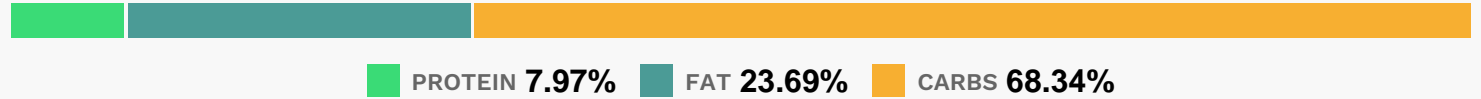
Equipment

- sauce pan

Directions

- In 1-quart saucepan, mix kiwifruit, orange, strawberries, lime juice, sugar and gingerroot.
- Heat over medium-low heat, stirring occasionally, just until warm.
- Cut each banana crosswise in half; cut each half lengthwise in half.
- Divide frozen yogurt among 6 serving dishes. Arrange 2 banana pieces in each dish on either side of frozen yogurt. Spoon fruit salsa over frozen yogurt.
- Garnish with whipped cream topping, chocolate sprinkles and cherries.

Nutrition Facts



Properties

Glycemic Index:43.34, Glycemic Load:9.47, Inflammation Score:-5, Nutrition Score:11.786521805369%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 339.38kcal (16.97%), Fat: 9.33g (14.35%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 60.54g (20.18%), Net Carbohydrates: 57.63g (20.96%), Sugar: 51.83g (57.58%), Cholesterol: 3.01mg (1%), Sodium: 131.78mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin C: 36.76mg (44.56%), Calcium: 231.36mg (23.14%), Vitamin B2: 0.39mg (22.69%), Phosphorus: 215.81mg (21.58%), Vitamin B6: 0.36mg (18.09%), Potassium: 612.02mg (17.49%), Manganese: 0.3mg (15.13%), Vitamin B5: 1.22mg (12.21%), Fiber: 2.92g (11.67%), Magnesium: 43.49mg (10.87%), Vitamin K: 9.21µg (8.77%), Folate: 33.39µg (8.35%), Selenium: 5.77µg (8.24%), Vitamin A: 403.52IU (8.07%), Copper: 0.15mg (7.59%), Vitamin B12: 0.43µg (7.17%), Vitamin B1: 0.09mg (6.32%), Zinc: 0.78mg (5.17%), Vitamin B3: 0.99mg (4.97%), Iron: 0.76mg (4.22%), Vitamin E: 0.57mg (3.83%)