



Banana Splits With Pineapple Brown Sugar Topping

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



115 kcal

DESSERT

Ingredients

- 3 bananas firm ripe
- 15 ounce pineapple crushed canned
- 6 mint leaves fresh
- 6 scoops whipped cream light frozen
- 0.1 teaspoon ground cinnamon
- 0.3 cup juice of lemon
- 2 tablespoons brown sugar light

Equipment

sauce pan

Directions

Combine the pineapple with juice, lemon juice, sugar and cinnamon in a medium saucepan. Cook over a medium heat, uncovered, stirring occasionally until the sugar is dissolved and the juice is reduced somewhat, about 3 minutes. Set aside to cool slightly.

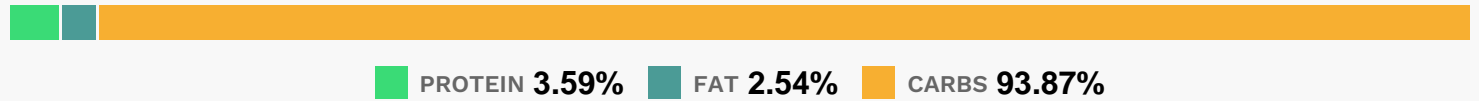
Cut the bananas in half crosswise.

Cut each banana half lengthwise, being careful not to cut all the way through. Split the banana halves open and place each one on a small dessert plate. Top each banana with a scoop of ice cream then about 2 1/2 tablespoons of the warm pineapple mixture. Top each with a mint leaf, if using, and serve.

Excellent source of: Vitamin C, Manganese

Good source of: Vitamin B6, Potassium

Nutrition Facts



Properties

Glycemic Index:15.96, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:4.7399999613509%

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 Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 115.07kcal (5.75%), Fat: 0.36g (0.55%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 26.99g (9.82%), Sugar: 21.66g (24.07%), Cholesterol: 0.27mg (0.09%), Sodium: 3.57mg (0.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 16.06mg (19.47%), Vitamin B6: 0.28mg (13.89%), Fiber: 2.59g (10.36%), Potassium: 322.84mg (9.22%), Manganese: 0.18mg (9.11%), Magnesium: 28.5mg (7.12%), Copper: 0.13mg (6.45%), Vitamin B1: 0.09mg (6.29%), Folate: 18.62µg (4.65%), Vitamin B2: 0.06mg (3.81%), Vitamin B3: 0.63mg (3.13%), Iron: 0.44mg (2.47%), Vitamin A: 120.89IU (2.42%), Calcium: 22.68mg (2.27%), Vitamin B5: 0.22mg (2.24%), Phosphorus: 20.7mg (2.07%), Selenium: 0.95µg (1.36%), Zinc: 0.18mg (1.23%)