



Banoffee splits

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



579 kcal

SIDE DISH

Ingredients

- ☐ 2 small banana ripe
- ☐ 4 scoops whipped cream
- ☐ 1 small marshmallow bar chopped
- ☐ 3 tbsp cup heavy whipping cream
- ☐ 1 small knob butter

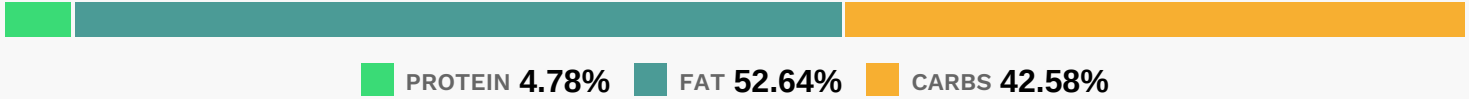
Equipment

- ☐ sauce pan

Directions

☐ Tip all the sauce ingredients into a small saucepan and heat gently, stirring until you have a smooth sauce. Peel and split the bananas. Put 2 halves on each of 2 serving plates, add 2 scoops of ice cream to each plate, drizzle over the warm sauce and serve straight away.

Nutrition Facts



Properties

Glycemic Index:82.89, Glycemic Load:29.62, Inflammation Score:-7, Nutrition Score:11.694782547329%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 578.54kcal (28.93%), Fat: 34.63g (53.28%), Saturated Fat: 22.06g (137.85%), Carbohydrates: 63.04g (21.01%), Net Carbohydrates: 59.35g (21.58%), Sugar: 47.08g (52.31%), Cholesterol: 106.97mg (35.66%), Sodium: 205.3mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin B2: 0.46mg (27.22%), Vitamin A: 1222IU (24.44%), Vitamin B6: 0.45mg (22.27%), Calcium: 204.82mg (20.48%), Potassium: 671.73mg (19.19%), Phosphorus: 189.7mg (18.97%), Manganese: 0.32mg (15.9%), Fiber: 3.69g (14.76%), Magnesium: 50.96mg (12.74%), Vitamin B5: 1.21mg (12.07%), Vitamin C: 9.79mg (11.87%), Vitamin B12: 0.61µg (10.17%), Zinc: 1.26mg (8.4%), Folate: 31.31µg (7.83%), Vitamin B1: 0.11mg (7.34%), Vitamin E: 1.04mg (6.94%), Copper: 0.14mg (6.83%), Selenium: 4.71µg (6.73%), Vitamin B3: 0.98mg (4.92%), Vitamin D: 0.62µg (4.16%), Vitamin K: 3.07µg (2.92%), Iron: 0.51mg (2.83%)