



Best-Ever Banana Splits

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 8 small bananas split
- ☐ 0.8 cup bittersweet chocolate chips
- ☐ 1 tablespoon plus light
- ☐ 1 cup heavy cream
- ☐ 0.3 cup brown sugar light
- ☐ 30 servings salt
- ☐ 3 tablespoons sugar

- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2 pints vanilla and chocolate ice cream
- ☐ 30 servings whipped cream for serving

Equipment

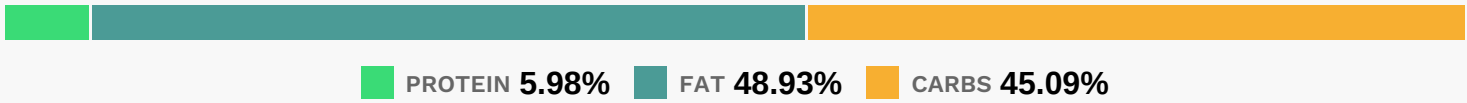
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 325 and line a baking sheet with parchment paper. In a medium skillet, combine 1 tablespoon of the sugar with 1 tablespoon of water and cook just until the sugar is dissolved.
- ☐ Add the almonds and toss to coat.
- ☐ Spread the almonds on the prepared sheet and bake for 10 minutes, until tacky and just beginning to brown.
- ☐ Sprinkle with salt, stir and bake for about 10 minutes longer, stirring once or twice, until golden.
- ☐ Let cool completely.
- ☐ Meanwhile, in a medium saucepan, combine the remaining 2 tablespoons of sugar with the cocoa powder, brown sugar and a pinch of salt.
- ☐ Add the corn syrup and the cream and whisk until smooth. Bring to a boil over high heat for 30 seconds.
- ☐ Remove from the heat and whisk in the chocolate chips and butter until melted. Stir in the vanilla.

Scoop vanilla and chocolate ice cream into banana boats and lay the halved bananas alongside. Top with hot fudge sauce, whipped cream and candied almonds and serve right away.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:8.62, Inflammation Score:-3, Nutrition Score:4.9460869846137%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 195.39kcal (9.77%), Fat: 11.18g (17.2%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.29g (7.74%), Sugar: 17.24g (19.15%), Cholesterol: 25.3mg (8.43%), Sodium: 226.69mg (9.86%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 3.07g (6.15%), Manganese: 0.22mg (11.14%), Vitamin B2: 0.14mg (8.52%), Magnesium: 31.31mg (7.83%), Fiber: 1.9g (7.59%), Phosphorus: 75.49mg (7.55%), Vitamin E: 1.1mg (7.33%), Potassium: 255.9mg (7.31%), Calcium: 71.7mg (7.17%), Copper: 0.13mg (6.66%), Vitamin B6: 0.13mg (6.66%), Vitamin A: 318.33IU (6.37%), Zinc: 0.57mg (3.82%), Iron: 0.66mg (3.67%), Vitamin B5: 0.36mg (3.56%), Folate: 13.49µg (3.37%), Vitamin C: 2.63mg (3.19%), Selenium: 1.88µg (2.69%), Vitamin B1: 0.04mg (2.48%), Vitamin B12: 0.14µg (2.25%), Vitamin B3: 0.44mg (2.18%), Vitamin D: 0.22µg (1.47%)