



Bruleed Banana Split

 Gluten Free

READY IN



7 min.

SERVINGS



1

CALORIES



690 kcal

DESSERT

Ingredients

- 1 banana split peeled
- 1 serving mrs richardson's butterscotch caramel sauce for topping
- 1 scoop ice-cream chocolate shell
- 1 serving chocolate sauce for topping
- 1.5 teaspoons brown sugar dark packed
- 1 serving maraschino cherries for topping
- 1 serving mint leaves for topping
- 1 serving sprinkles for topping

- 1 scoop strawberry ice cream
- 1 scoop whipped cream
- 1 serving whipped cream for topping

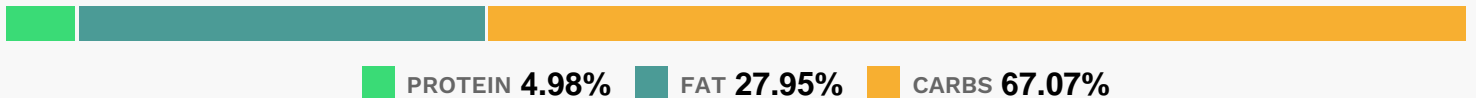
Equipment

- bowl
- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler. Line a rimmed baking sheet with foil.
- Lay the banana halves, cut side down, on the baking sheet.
- Sprinkle each half with 1 1/2 teaspoons of the brown sugar. Torch until sugar begins to bubble, or put under the broiler 4 to 5 inches from the heat about 2 minutes or until the sugar melts and starts to bubble. Watch closely to make sure they don't burn.
- Place the scoops of ice cream in a bowl or a long banana-split bowl and place the banana halves on either side. Top with chocolate and caramel sauces to taste, then the whipped cream, sprinkles and as many cherries as you can handle!
- Garnish with fresh mint.

Nutrition Facts



Properties

Glycemic Index:220.78, Glycemic Load:31.6, Inflammation Score:-7, Nutrition Score:14.816956457884%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg 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: 690.29kcal (34.51%), Fat: 22.42g (34.49%), Saturated Fat: 13.88g (86.76%), Carbohydrates: 121.02g (40.34%), Net Carbohydrates: 115.84g (42.12%), Sugar: 85.64g (95.16%), Cholesterol: 75.19mg (25.06%), Sodium: 286.27mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.99%), Vitamin B2: 0.55mg (32.26%), Calcium: 277.78mg (27.78%), Vitamin B6: 0.54mg (27.04%), Potassium: 894.98mg (25.57%), Phosphorus: 254.91mg (25.49%), Manganese: 0.51mg (25.39%), Fiber: 5.18g (20.74%), Vitamin C: 16.73mg (20.27%), Vitamin A: 960.99IU (19.22%), Magnesium: 74.16mg (18.54%), Vitamin B5: 1.72mg (17.15%), Vitamin B12: 0.74µg (12.28%), Copper: 0.24mg (11.9%), Folate: 47.6µg (11.9%), Zinc: 1.3mg (8.64%), Selenium: 5.98µg (8.54%), Vitamin B1: 0.12mg (8.3%), Iron: 1.25mg (6.94%), Vitamin B3: 1.15mg (5.77%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.29µg (1.92%), Vitamin K: 1.2µg (1.14%)