



Chocolate-Banana Split Dessert

READY IN



265 min.

SERVINGS



25

CALORIES



250 kcal

DESSERT

Ingredients

- 4 bananas sliced
- 6 Tbsp butter melted
- 2 Tbsp chocolate syrup
- 8 oz philadelphia cream cheese softened
- 7.8 oz jell-o chocolate flavor pudding instant
- 0.3 cup maraschino cherries halved
- 2 Tbsp milk cold
- 3.3 cups milk cold
- 2.5 cups oreo cookies crushed finely

- 0.3 cup sugar
- 0.3 cup planters walnuts toasted chopped
- 8 oz cool whip whipped topping divided thawed

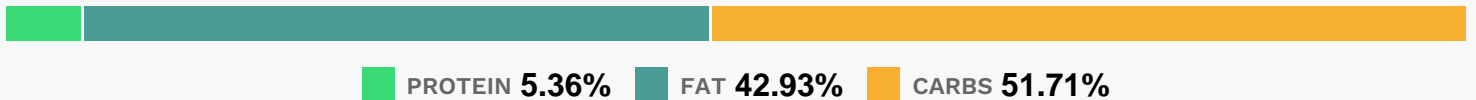
Equipment

- bowl
- whisk

Directions

- Mix cookie crumbs and butter; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.
- Beat cream cheese, sugar and 2 Tbsp. milk in medium bowl with whisk until blended. Stir in 1 cup COOL WHIP; spread over crust. Top with bananas.
- Beat pudding mixes and 3-1/4 cups milk with whisk 2 min.; spread over bananas.
- Let stand 5 min. or until thickened; cover with remaining COOL WHIP. Refrigerate 4 hours.
- Top with cherries, nuts and syrup just before serving.

Nutrition Facts



Properties

Glycemic Index:11.91, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:5.3956521594006%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250kcal (12.5%), Fat: 12.22g (18.81%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.6g (11.49%), Sugar: 23.68g (26.32%), Cholesterol: 20.62mg (6.87%), Sodium: 260.52mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Iron: 2.23mg (12.41%), Manganese: 0.25mg (12.33%), Phosphorus: 84.06mg (8.41%), Vitamin B2: 0.14mg (8%), Copper: 0.14mg (7.08%), Magnesium: 26.07mg (6.52%), Calcium: 65.22mg (6.52%), Fiber: 1.53g (6.14%), Potassium: 210.09mg (6%), Vitamin A: 281.1IU (5.62%),

Vitamin B6: 0.11mg (5.39%), Vitamin K: 5.52µg (5.26%), Vitamin B1: 0.06mg (4.34%), Vitamin E: 0.65mg (4.33%), Selenium: 3.02µg (4.31%), Folate: 16.2µg (4.05%), Vitamin B12: 0.22µg (3.69%), Vitamin B3: 0.64mg (3.19%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.3mg (3%), Vitamin D: 0.36µg (2.41%), Vitamin C: 1.66mg (2.02%)