



## Chocolate Banana Split Drizzle

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



50 kcal

DESSERT

### Ingredients

- 1 tablespoon butter
- 0.3 cup milk
- 0.3 cup cocoa unsweetened
- 1 teaspoon sugar white

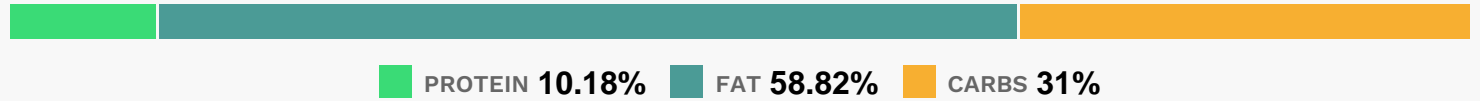
### Equipment

- bowl
- microwave

## Directions

- In a microwave-safe bowl, combine cocoa, sugar, milk and butter. Microwave 2 minutes, stirring 3 times.
- Serve over ice cream.

## Nutrition Facts



## Properties

Glycemic Index:39.52, Glycemic Load:0.97, Inflammation Score:-2, Nutrition Score:2.9117391264957%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 50.35kcal (2.52%), Fat: 4.07g (6.26%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.83g (2.03%), Cholesterol: 9.35mg (3.12%), Sodium: 29.44mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 1.58g (3.17%), Manganese: 0.21mg (10.34%), Copper: 0.2mg (10.2%), Fiber: 1.99g (7.95%), Magnesium: 28.72mg (7.18%), Phosphorus: 55.69mg (5.57%), Iron: 0.75mg (4.16%), Potassium: 105.43mg (3.01%), Zinc: 0.43mg (2.88%), Calcium: 26.49mg (2.65%), Vitamin A: 112.17IU (2.24%), Vitamin B2: 0.04mg (2.08%), Selenium: 1.1µg (1.57%), Vitamin B12: 0.09µg (1.47%), Vitamin D: 0.17µg (1.12%)