



Chocolate-Banana Sundae



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



429 kcal

Ingredients

- ☐ 4 small banana
- ☐ 0.3 cup topping
- ☐ 0.3 cup coconut shredded sweetened
- ☐ 1 pint whipped cream

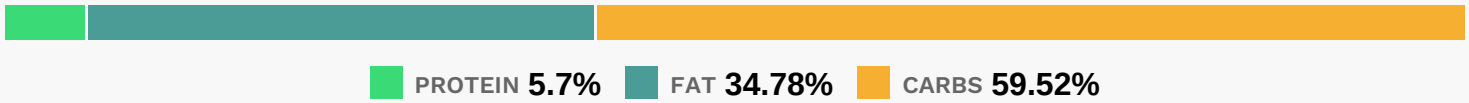
Equipment

- ☐ bowl

Directions

Peel and slice the bananas. Scoop the ice cream into 4 bowls. Top with the bananas,chocolate sauce, and coconut.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:27.7, Inflammation Score:-5, Nutrition Score:10.830869472545%

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: 429.44kcal (21.47%), Fat: 17.03g (26.2%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 65.58g (21.86%), Net Carbohydrates: 61.34g (22.3%), Sugar: 46.44g (51.6%), Cholesterol: 52.24mg (17.41%), Sodium: 176.12mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Manganese: 0.49mg (24.59%), Vitamin B6: 0.45mg (22.32%), Vitamin B2: 0.38mg (22.12%), Potassium: 669.9mg (19.14%), Phosphorus: 170.88mg (17.09%), Fiber: 4.24g (16.96%), Calcium: 166.62mg (16.66%), Magnesium: 55.76mg (13.94%), Vitamin C: 9.57mg (11.61%), Vitamin A: 563.04IU (11.26%), Vitamin B5: 1.09mg (10.88%), Copper: 0.19mg (9.49%), Zinc: 1.23mg (8.19%), Vitamin B12: 0.47µg (7.88%), Folate: 27.32µg (6.83%), Vitamin E: 0.98mg (6.52%), Selenium: 4.52µg (6.45%), Vitamin B1: 0.09mg (5.87%), Vitamin B3: 0.88mg (4.42%), Iron: 0.72mg (4.02%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.35µg (1.29%)