



Dulce de Leche Banana Splits

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



656 kcal

Ingredients

- ☐ 13.4 oz condensed milk sweetened canned (caramelized condensed milk)
- ☐ 3 tablespoons milk
- ☐ 2 medium banana
- ☐ 1 cup whipped cream
- ☐ 1 cup ice-cream chocolate shell
- ☐ 1 cup whipped cream (from aerosol can)
- ☐ 0.5 cup roasted peanuts salted chopped
- ☐ 4 maraschino cherries with stems

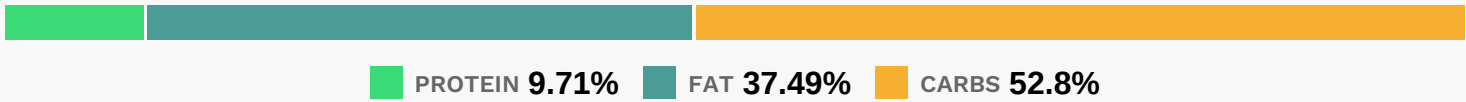
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, stir dulce de leche and enough milk with wire whisk to make a smooth, pourable sauce.
- ☐ Cut each banana in half lengthwise and then crosswise. In each of 4 stemmed dessert glasses or bowls, place 2 banana quarters along outer edges. Top each with 1 scoop vanilla ice cream and 1 scoop chocolate ice cream. Spoon dulce de leche mixture evenly over ice cream. Top with whipped cream, peanuts and cherries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.94, Glycemic Load:48.34, Inflammation Score:-6, Nutrition Score:17.078260945237%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 656.17kcal (32.81%), Fat: 28.37g (43.65%), Saturated Fat: 13.43g (83.93%), Carbohydrates: 89.89g (29.96%), Net Carbohydrates: 85.95g (31.25%), Sugar: 77.92g (86.58%), Cholesterol: 70.78mg (23.59%), Sodium: 257.38mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.07%), Phosphorus: 418.71mg (41.87%), Calcium: 400.81mg (40.08%), Vitamin B2: 0.62mg (36.6%), Manganese: 0.64mg (32.24%), Selenium: 17.87µg (25.52%), Potassium: 893mg (25.51%), Magnesium: 88.67mg (22.17%), Vitamin B6: 0.36mg (17.95%), Vitamin B3: 3.45mg (17.26%), Vitamin B5: 1.63mg (16.28%), Fiber: 3.95g (15.78%), Vitamin A: 690.77IU (13.82%), Vitamin B1: 0.2mg (13.39%), Folate: 52.62µg (13.16%), Zinc: 1.88mg (12.53%), Vitamin B12: 0.75µg (12.44%), Copper: 0.24mg (12.09%), Vitamin C: 8.03mg (9.73%), Iron: 1.12mg (6.2%), Vitamin E: 0.51mg (3.42%), Vitamin D: 0.51µg (3.37%), Vitamin K: 1.46µg (1.39%)