



Frozen Banana Split

READY IN



260 min.

SERVINGS



12

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 6 medium bananas peeled thinly sliced
- ☐ 12.3 ounce butterscotch ice-cream topping
- ☐ 12.3 ounce hot-fudge sauce
- ☐ 3.5 ounce ice-cream sandwiches
- ☐ 10 ounce maraschino cherries drained finely chopped
- ☐ 8 ounce milk chocolate covered toffee bits divided
- ☐ 8 ounce nondairy whipped topping frozen thawed

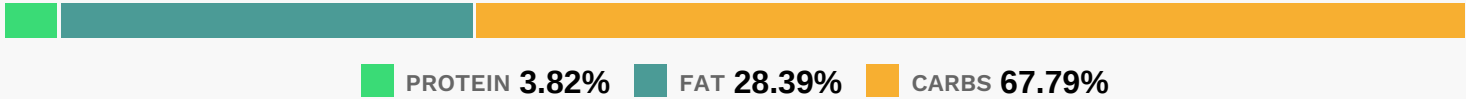
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line a 13 by 9-inch baking pan with heavy-duty aluminum foil.
- ☐ Place half of ice-cream sandwiches evenly over bottom of pan, completely covering bottom, cutting sandwiches to fit, if necessary. Top evenly with banana slices.
- ☐ Pour hot fudge sauce over bananas. Top with cherries and 1/2 of the toffee bits and pour butterscotch evenly on top.
- ☐ Layer with remaining ice cream sandwiches and spread whipped topping over sandwiches; sprinkle with remaining toffee bits.
- ☐ Cover and freeze for at least 4 hours.
- ☐ Remove from pan, using foil handles.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:14.63, Inflammation Score:-4, Nutrition Score:7.1339131127233%

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: 461.84kcal (23.09%), Fat: 14.81g (22.78%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 79.53g (26.51%), Net Carbohydrates: 75.62g (27.5%), Sugar: 54.53g (60.59%), Cholesterol: 22.35mg (7.45%), Sodium: 251.59mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.05mg (1.35%), Protein: 4.48g (8.96%), Manganese: 0.38mg (18.86%), Fiber: 3.91g (15.64%), Copper: 0.28mg (14.18%), Vitamin E: 1.87mg (12.43%), Magnesium: 49.05mg (12.26%), Potassium: 418.8mg (11.97%), Vitamin B6: 0.23mg (11.74%), Phosphorus: 89.87mg (8.99%), Vitamin B2:

0.13mg (7.39%), Calcium: 70.53mg (7.05%), Vitamin C: 5.29mg (6.41%), Vitamin A: 301.93IU (6.04%), Iron: 1.05mg (5.82%), Zinc: 0.67mg (4.48%), Folate: 15.06µg (3.77%), Selenium: 2.57µg (3.68%), Vitamin K: 3.23µg (3.08%), Vitamin B5: 0.3mg (3.04%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.56mg (2.81%), Vitamin B12: 0.09µg (1.56%)