



Frozen Banana-Split Dessert

READY IN



245 min.

SERVINGS



9

CALORIES



240 kcal

DESSERT

Ingredients

- 0.7 cup graham crackers crushed (8 squares)
- 2 tablespoons sugar
- 2 tablespoons butter melted
- 1 box vanilla pudding instant (4-serving size) (not)
- 0.5 cup sugar
- 2 cups milk
- 2 banana ripe mashed
- 1.8 cups cool whip frozen thawed
- 1.3 cups strawberries fresh whole cut into 1/2-inch pieces

1.3 cups pineapple fresh

Equipment

bowl

frying pan

sauce pan

whisk

Directions

Spray 8-inch square pan with cooking spray. In small bowl, mix crushed crackers and 2 tablespoons sugar. Stir in melted butter until crumbly and well blended. Press mixture in bottom of pan. Freeze about 10 minutes or until set.

Meanwhile, in 2-quart saucepan, mix pudding mix, 1/2 cup sugar and the milk with wire whisk. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Cool 10 minutes at room temperature. Refrigerate 30 minutes.

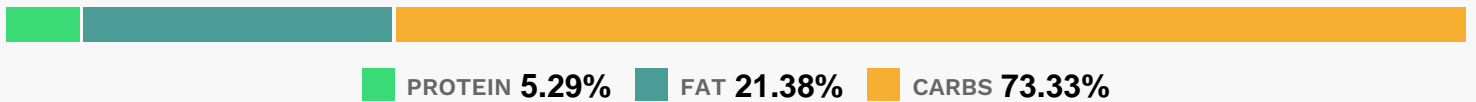
Stir bananas into pudding. Fold in 1 cup of the whipped topping.

Spread over crust. Freeze at least 3 hours or overnight.

Cut into serving pieces; place on dessert plates. Top each piece with 2 teaspoons hot fudge topping, generous tablespoonful of remaining whipped topping, 2 tablespoons strawberries, 2 tablespoons pineapple.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:19.1, Inflammation Score:-4, Nutrition Score:7.0065217691919%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.97mg, Pelargonidin: 4.97mg, Pelargonidin: 4.97mg, Pelargonidin: 4.97mg Peonidin: 0.01mg,

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Nutrients (% of daily need)

Calories: 239.57kcal (11.98%), Fat: 5.9g (9.07%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 43.75g (15.91%), Sugar: 35.12g (39.02%), Cholesterol: 8.84mg (2.95%), Sodium: 172.94mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin C: 25mg (30.31%), Manganese: 0.36mg (18.2%), Vitamin B2: 0.22mg (12.77%), Calcium: 96.8mg (9.68%), Vitamin B6: 0.19mg (9.46%), Phosphorus: 91.48mg (9.15%), Vitamin B12: 0.51µg (8.53%), Potassium: 262.05mg (7.49%), Fiber: 1.75g (7.01%), Vitamin B1: 0.1mg (6.57%), Magnesium: 24.13mg (6.03%), Vitamin A: 257.12IU (5.14%), Folate: 19.75µg (4.94%), Vitamin D: 0.6µg (3.98%), Vitamin B5: 0.37mg (3.66%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.5mg (3.3%), Copper: 0.06mg (3.19%), Selenium: 2.01µg (2.87%), Iron: 0.51mg (2.84%), Vitamin E: 0.23mg (1.5%)