



Frozen Banana-Split Dessert

READY IN



245 min.

SERVINGS



9

CALORIES



251 kcal

DESSERT

Ingredients

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

1.8 cups non-dairy whipped topping frozen thawed

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

  
 **PROTEIN 5.09%**  **FAT 24.69%**  **CARBS 70.22%**

Properties

Glycemic Index:45.07, Glycemic Load:19.1, Inflammation Score:-4, Nutrition Score:6.5321739082751%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg 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: 250.5kcal (12.53%), Fat: 7.08g (10.89%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 43.6g (15.86%), Sugar: 36.23g (40.26%), Cholesterol: 6.8mg (2.27%), 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%), Phosphorus: 92.35mg (9.24%), Calcium: 91.41mg (9.14%), Vitamin B6: 0.17mg (8.71%), Vitamin B2: 0.14mg (8.23%), Potassium: 261.03mg (7.46%), Fiber: 1.69g (6.77%), Magnesium: 23.98mg (6%), Vitamin B12: 0.33µg (5.42%), Vitamin B1: 0.08mg (5.32%), Vitamin A: 242.39IU (4.85%), Folate: 17.7µg (4.43%), Vitamin D: 0.6µg (3.98%), Vitamin B5: 0.37mg (3.66%), Vitamin B3: 0.69mg (3.45%), Copper: 0.06mg (3.12%), Zinc: 0.46mg (3.1%), Iron: 0.52mg (2.9%), Selenium: 1.92µg (2.75%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.36µg (1.3%)