



Frozen Banana Split Squares

READY IN



14 min.

SERVINGS



12

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 1 medium banana thinly sliced
- ☐ 2 tablespoons butter melted
- ☐ 15 chocolate-covered almonds coarsely chopped (such as Dove)
- ☐ 0.5 cup fudge topping fat-free hot
- ☐ 0.8 cup graham cracker crumbs
- ☐ 2 tablespoons brown sugar light
- ☐ 4 cups strawberry yogurt fat-free frozen softened (such as Edy's)
- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed

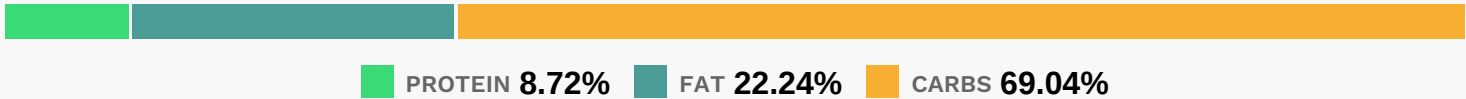
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a small bowl. Press into bottom of an 8-inch square baking pan coated with cooking spray.
- ☐ Spread yogurt evenly over crumbs. Cover and freeze 2 hours or until firm.
- ☐ Melt fudge topping in microwave at HIGH 20 seconds.
- ☐ Drizzle fudge topping over yogurt, and spread evenly. Top evenly with sliced banana.
- ☐ Spread whipped topping over banana, spreading to edge of pan.
- ☐ Sprinkle with almonds. Cover and freeze 8 hours or until firm.
- ☐ Let stand at room temperature 10 minutes before cutting into 2 1/2 x 2-inch pieces.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:4.3213043808937%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 216.01kcal (10.8%), Fat: 5.44g (8.37%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 36.86g (13.4%), Sugar: 26.6g (29.56%), Cholesterol: 15.55mg (5.18%), Sodium: 153.06mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin B2: 0.3mg (17.54%), Calcium: 122.75mg (12.28%), Vitamin B12: 0.72µg (12.01%), Phosphorus: 104.03mg (10.4%), Potassium: 255.08mg (7.29%), Fiber: 1.15g

(4.59%), Manganese: 0.08mg (3.96%), Magnesium: 14.13mg (3.53%), Vitamin B6: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.23%), Copper: 0.06mg (3.13%), Iron: 0.55mg (3.08%), Vitamin E: 0.42mg (2.78%), Vitamin A: 124.39IU (2.49%), Folate: 8.29µg (2.07%), Zinc: 0.3mg (1.99%), Vitamin B3: 0.37mg (1.86%), Selenium: 1.04µg (1.48%), Vitamin C: 0.88mg (1.07%)