



Frozen Yogurt Sundae with Bananas and Chocolate Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup roasted almonds unsalted chopped
- ☐ 2 bananas sliced
- ☐ 1 pint vanilla yogurt frozen low-fat
- ☐ 0.3 cup granulated sugar
- ☐ 3 tablespoons cocoa powder unsweetened

Equipment

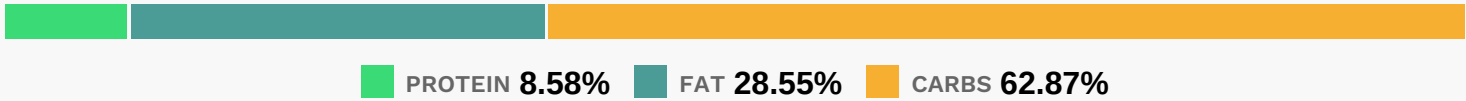
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan, combine the sugar and cocoa. Gradually whisk in 1/4 cup water and bring to a boil. Reduce heat and simmer, stirring, until slightly thickened, 2 to 3 minutes.
- ☐ Let cool slightly. Divide the frozen yogurt and bananas among bowls and top with the chocolate sauce and almonds.

Nutrition Facts



Properties

Glycemic Index:33.72, Glycemic Load:15.34, Inflammation Score:-5, Nutrition Score:11.575217495794%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 349.02kcal (17.45%), Fat: 11.83g (18.2%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 54.59g (19.85%), Sugar: 48.52g (53.91%), Cholesterol: 2.37mg (0.79%), Sodium: 104.51mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.63mg (2.88%), Protein: 8g (16.01%), Manganese: 0.52mg (26.11%), Vitamin B2: 0.42mg (24.79%), Phosphorus: 236.09mg (23.61%), Calcium: 201.08mg (20.11%), Magnesium: 75.33mg (18.83%), Potassium: 583.58mg (16.67%), Vitamin E: 2.48mg (16.54%), Copper: 0.33mg (16.42%), Vitamin B6: 0.33mg (16.39%), Fiber: 4.04g (16.15%), Vitamin B5: 1.01mg (10.11%), Selenium: 5.47µg (7.82%), Iron: 1.37mg (7.6%), Zinc: 1.12mg (7.47%), Vitamin C: 6.08mg (7.37%), Folate: 24.03µg (6.01%), Vitamin A: 288.63IU (5.77%), Vitamin B12: 0.34µg (5.72%), Vitamin B3: 1.14mg (5.69%), Vitamin B1: 0.08mg (5.55%)