



Gingersnap-Banana Sundaes

READY IN



5 min.

SERVINGS



4

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 2 banana peeled cut into 1/2-inch slices
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 gingersnaps crushed
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 pint whipped cream
- ☐ 2 tablespoons sugar

Equipment

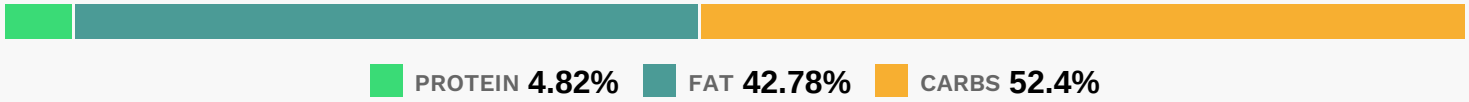
- ☐ bowl

☐ hand mixer

Directions

- ☐ In a chilled bowl, using an electric mixer on medium-high speed with chilled beaters, whip cream and sugar until cream holds stiff peaks.
- ☐ Divide ice cream among 4 bowls. Top each with bananas and caramel.
- ☐ Sprinkle with crushed gingersnaps. Dollop whipped cream on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.47, Glycemic Load:27.24, Inflammation Score:-6, Nutrition Score:9.1882608610651%

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: 497.21kcal (24.86%), Fat: 24.31g (37.4%), Saturated Fat: 15.03g (93.92%), Carbohydrates: 66.98g (22.33%), Net Carbohydrates: 64.55g (23.47%), Sugar: 55.93g (62.15%), Cholesterol: 85.67mg (28.56%), Sodium: 219.08mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin B2: 0.39mg (23.19%), Vitamin A: 998.6IU (19.97%), Calcium: 190.6mg (19.06%), Phosphorus: 168.37mg (16.84%), Potassium: 505.76mg (14.45%), Vitamin B6: 0.29mg (14.36%), Manganese: 0.24mg (11.89%), Vitamin B5: 1.02mg (10.18%), Fiber: 2.44g (9.76%), Magnesium: 37.7mg (9.43%), Vitamin B12: 0.56µg (9.33%), Vitamin C: 6.16mg (7.47%), Zinc: 1mg (6.64%), Selenium: 4.19µg (5.99%), Folate: 22.51µg (5.63%), Vitamin B1: 0.08mg (5.32%), Vitamin E: 0.74mg (4.9%), Vitamin D: 0.71µg (4.75%), Copper: 0.09mg (4.38%), Vitamin B3: 0.66mg (3.31%), Iron: 0.52mg (2.87%), Vitamin K: 1.69µg (1.61%)