



## Grilled Banana Split

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



315 kcal

DESSERT

## Ingredients

- 6 bananas split firm
- 2 teaspoons brown sugar
- 0.5 cup candied pecans store-bought for topping
- 0.5 teaspoon ground cinnamon
- 6 servings fudge sauce hot store-bought for topping
- 6 servings maraschino cherries for topping
- 6 servings mint sprigs for garnish
- 6 servings strawberry ice cream store-bought

6 servings whipped cream fresh for topping

## Equipment

bowl

grill

## Directions

Watch how to make this recipe.

Preheat the grill to medium heat.

Mix the sugar and cinnamon together in a small bowl.

Sprinkle the bananas with sugar and cinnamon mixture.

Put them, cut side down, on the grill and cook until grill marks appear, about 2 to 3 minutes. Flip over and cook until the peel just starts to pull away from the banana.

Remove the bananas from the grill and peel.

Add 2 banana halves to each banana split dish. Top with strawberry ice cream, candied pecans, whipped cream and hot fudge sauce. Put a cherry on top and garnish with a sprig of mint.

## Nutrition Facts



## Properties

Glycemic Index:19.13, Glycemic Load:13.47, Inflammation Score:-5, Nutrition Score:8.7243477041307%

## Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 315.11kcal (15.76%), Fat: 11.04g (16.99%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 49.84g (18.12%), Sugar: 21.79g (24.22%), Cholesterol: 23.71mg (7.9%), Sodium: 82.3mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin B6: 0.47mg (23.55%), Manganese: 0.42mg (20.81%), Vitamin C: 15.67mg (19%), Fiber: 4.35g (17.41%), Potassium: 567.41mg (16.21%), Vitamin B2: 0.26mg (15.41%), Magnesium: 43.46mg (10.87%), Calcium: 106.09mg (10.61%), Phosphorus: 99.31mg (9.93%), Vitamin B5: 0.9mg (8.97%), Folate: 32.9µg (8.23%), Vitamin A: 373.06IU (7.46%), Copper: 0.13mg (6.61%), Vitamin B1: 0.07mg (4.65%), Vitamin B3: 0.92mg (4.62%), Iron: 0.67mg (3.75%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.22µg (3.6%), Zinc: 0.46mg (3.06%), Vitamin E: 0.19mg (1.26%)