



food
network

Grilled Banana Split Sundaes

 **Gluten Free**

READY IN



42 min.

SERVINGS



8

CALORIES



775 kcal

Ingredients

- 2 to 3 bananas
- 0.5 stick butter melted
- 1 pint heavy cream
- 10 maraschino cherries
- 1 pineapple whole
- 1 round cake frozen thawed
- 9 ounces bittersweet chocolate chopped
- 8 servings whipped cream for serving

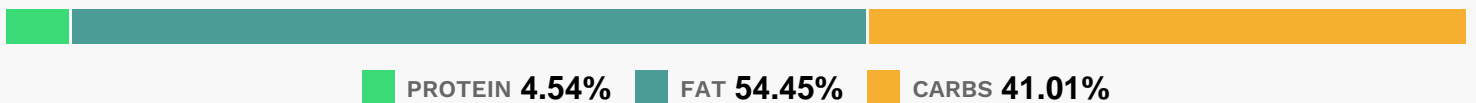
Equipment

- bowl
- frying pan
- grill
- skewers
- wooden skewers

Directions

- Special equipment: wooden skewers, soaked in water for at least 30 minutes
- Preheat an outdoor grill.
- Peel and cut the bananas into 1/2-inch thick slices. Trim the top off the pound cake and cut the rest into the same size squares as the banana chunks.
- Cut the top and bottom off the pineapple and remove the rind from around the sides.
- Cut the pineapple in half and then into quarters. Trim the core and cut each piece again lengthwise.
- Cut the strips into 1/2-inch thick pieces. On a wooden skewer, alternate pieces of banana, pound cake, and pineapple until the skewer is full, leaving about 2 inches for a handle. You should have 8 to 10 skewers. Finish with a cherry.
- Brush with melted butter and grill for 1 to 2 minutes on each side. (Alternatively, you can broil the skewers for about 1 to 2 minutes per side.)
- Meanwhile, heat the cream in a small pan over medium heat; do not let it boil.
- Add the chocolate to the warm cream.
- Let sit for a few minutes, then stir the mixture to melt all the chocolate. Cool for a few minutes and pour into a squeeze bottle.
- Scoop ice cream into bowls and top with a skewer. Squeeze some chocolate sauce over top and serve.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:20.25, Inflammation Score:-8, Nutrition Score:21.227825973345%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 774.9kcal (38.74%), Fat: 47.82g (73.56%), Saturated Fat: 29.09g (181.8%), Carbohydrates: 81.02g (27.01%), Net Carbohydrates: 75.27g (27.37%), Sugar: 58.36g (64.85%), Cholesterol: 151.22mg (50.41%), Sodium: 352.67mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 27.43mg (9.14%), Protein: 8.97g (17.95%), Manganese: 1.64mg (81.81%), Vitamin C: 57.39mg (69.57%), Copper: 0.6mg (29.97%), Vitamin A: 1484.81IU (29.7%), Vitamin B2: 0.45mg (26.25%), Phosphorus: 255.33mg (25.53%), Magnesium: 95.57mg (23.89%), Fiber: 5.75g (23.01%), Iron: 3.59mg (19.93%), Calcium: 190.79mg (19.08%), Potassium: 637.41mg (18.21%), Vitamin B1: 0.24mg (15.94%), Vitamin B6: 0.32mg (15.91%), Selenium: 9.55µg (13.64%), Folate: 49.77µg (12.44%), Zinc: 1.84mg (12.24%), Vitamin B5: 1.16mg (11.6%), Vitamin B3: 1.87mg (9.35%), Vitamin B12: 0.51µg (8.52%), Vitamin E: 1.24mg (8.26%), Vitamin D: 1.15µg (7.69%), Vitamin K: 5.99µg (5.7%)