



Grilled Banana Splits

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



361 kcal

Ingredients

- ☐ 6 small bananas with green tips* unpeeled
- ☐ 6 servings chocolate sauce
- ☐ 6 servings garnish: maraschino cherries
- ☐ 0.3 cup pecans chopped
- ☐ 6 slices pineapple fresh
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 1 pt whipped cream fat-free
- ☐ 1 pt chocolate yogurt frozen low-fat

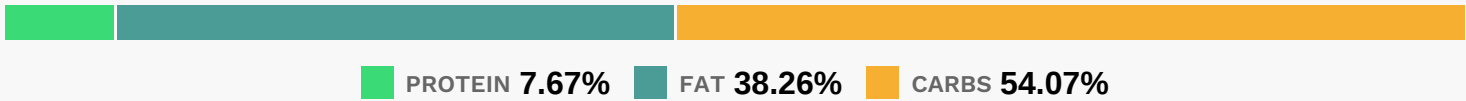
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Coat cold cooking grate of grill with cooking spray. Preheat grill to 300 to 350 (medium) heat.
- ☐ Preheat oven to 35
- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Place coconut in a single layer in another shallow pan.
- ☐ Bake pecans and coconut 7 to 8 minutes or until toasted and pecans are fragrant, stirring occasionally.
- ☐ Peel bananas, and cut in half lengthwise. Coat bananas with cooking spray. Grill pineapple slices, covered with grill lid, over 300 to 350 (medium) heat 4 minutes on each side or until lightly caramelized. Grill banana halves 1 to 2 minutes on each side or until lightly caramelized.
- ☐ Chop grilled pineapple. Arrange 2 grilled banana halves in each of 6 (8-oz.) banana-split dishes or other serving bowls. Scoop 1/4 cup vanilla ice cream and 1/4 cup chocolate frozen yogurt into each dish between banana slices. Top each with 1 Tbsp. Chocolate Sauce, 1 chopped pineapple slice, 2 tsp. pecans, and 2 tsp. coconut.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ *3 regular bananas, peeled and quartered, may be substituted. Increase grilling time to 4 minutes on each side.
- ☐ **Canned pineapple slices in juice, drained, may be substituted.
- ☐ Note: If using a charcoal grill, place banana slices around the outer edge of grill to prevent burning. Watch them carefully as they will cook fast.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:22.91, Inflammation Score:-5, Nutrition Score:11.273043497749%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 6.49mg, Catechin: 6.49mg, Catechin: 6.49mg, Catechin: 6.49mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 361.12kcal (18.06%), Fat: 15.93g (24.51%), Saturated Fat: 8.38g (52.36%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 46.5g (16.91%), Sugar: 36.63g (40.7%), Cholesterol: 44.96mg (14.99%), Sodium: 114.14mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Manganese: 0.52mg (26.24%), Vitamin B2: 0.38mg (22.5%), Vitamin B6: 0.45mg (22.28%), Calcium: 208.34mg (20.83%), Phosphorus: 197.26mg (19.73%), Potassium: 677.29mg (19.35%), Fiber: 4.17g (16.66%), Magnesium: 55.91mg (13.98%), Vitamin C: 9.8mg (11.88%), Vitamin B5: 1.15mg (11.5%), Vitamin B12: 0.6µg (10%), Vitamin A: 480.04IU (9.6%), Zinc: 1.41mg (9.43%), Copper: 0.18mg (9.03%), Vitamin B1: 0.12mg (7.89%), Folate: 30.86µg (7.71%), Selenium: 4.94µg (7.06%), Vitamin B3: 0.91mg (4.53%), Iron: 0.58mg (3.21%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.17µg (1.11%)