



## Local Style Banana Split

 Gluten Free

READY IN



480 min.

SERVINGS



4

CALORIES



2946 kcal

DESSERT

### Ingredients

- 0.5 tablespoon baking soda
- 1.5 cups berry preserves
- 0.5 ounce butter
- 3 tablespoons butter
- 1 pound chocolate
- 0.3 teaspoon cinnamon
- 1 ounce plus
- 9 egg yolks

- 1 cup ground kona coffee
- 0.5 cup heavy cream
- 1 cup heavy cream
- 1 quart heavy cream
- 0.5 ounce honey
- 0.5 juice of lemon juiced
- 4 ounces roasted macadamia nuts diced
- 2 cups milk
- 4 ounce orange food coloring
- 4 ounces macadamia nut paste
- 4 ounce food coloring red
- 3 half-ripe bananas
- 3 tablespoons sugar
- 6 ounces sugar
- 8 ounces sugar
- 0.5 vanilla pod
- 2 vanilla beans
- 0.3 cup warm water
- 1.3 ounces water
- 2 cups water hot
- 2 pounds isomalt
- 2 pounds isomalt

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- spatula

- ice cream machine

## Directions

- Combine the heavy cream, sugar, and vanilla beans together in a saucepan and bring to a boil. Temper in the egg yolks and whip over medium heat until slightly thick.
- Remove from heat and strain through a chinois. Chill over iced water until cold. Freeze in an ice cream machine according to the manufacture's instructions. Store in freezer until needed.
- For the Kona coffee ice cream: use the same recipe as the vanilla ice cream. Replace the vanilla bean with the Kona coffee and water infusion and freeze in ice cream machine. Freeze until ready to use.
- For the macadamia nut ice cream: replace the vanilla bean with the macadamia nut paste and diced macadamia nuts. Freeze in ice cream machine and freeze until ready to use.
- Vanilla bean caramel sauce: combine the sugar, lemon juice and vanilla bean in a saucepan. Caramelize over medium heat until golden brown. Slowly stir in the heavy cream and then the butter.
- Remove from heat and cool to room temperature.
- For the chocolate sauce: combine the heavy cream and milk in a saucepan and bring to a boil.
- Remove from heat and carefully add in the chocolate. Using a whip stir until completely smooth. Set aside and cool to room temperature.
- To make the berry sauce: combine the preserves and the water and mix well. Store in the refrigerator until ready to use.
- Honey pahoehoe: line a half sheet pan with heavy duty parchment paper, then spray the entire pan with spray grease.
- Combine the sugar, honey, corn syrup, and water together in a saucepan and caramelize until golden brown.
- Remove saucepan from heat and quickly stir in the baking soda.
- Pour the bubbling mass onto the greased pan and cool until firm. Store in airtight container.
- Cinnamon Caramelized Bananas: place the butter in a medium saute pan and turn the heat to medium. Slice the bananas in half lengthwise and then in half widthwise to create 4 long flat pieces. Repeat with the remaining bananas.
- Combine the sugar and cinnamon together.

- Saute the bananas until lightly browned, then sprinkle with the cinnamon sugar and cook for a few more seconds.
- Remove the bananas from the saute pan and place in the refrigerator.
- Red Lava Sugar Cage: place the isomalt into a clean saucepan and melt completely.
- Remove the sugar from the heat and add a few drops of orange food coloring, then add a few drops of red food coloring until a rich red is achieved. Allow the sugar to cool slightly. Then, in a stainless steel bowl, sprayed with grease, gently create a mesh-like effect in the bowl with the red sugar, by using a small spatula to drizzle the melted sugar in a criss-cross pattern. Allow the sugar to cool completely, then gently remove the cage from the bowl and store in an air-tight container. Repeat this process 3 or 4 times.
- To assemble, use 12-inch soup plates.
- Place 1 scoop of each ice cream in the center of each plate.
- Lay 1 slice of banana in the space where each scoop of ice cream touches each other. Use 3 apple-bananas per plate.
- Place 2 small pieces of the Honey Pahoehoe in the center of the ice cream scoops.
- Place the red lava sugar cage over the entire banana split.
- Serve the sauces individually in small goosenecks.
- Use same recipe as above for ice cream .
- Use same recipe as above for ice cream .

## Nutrition Facts

 **PROTEIN 4.08%**  **FAT 65.31%**  **CARBS 30.61%**

## Properties

Glycemic Index:132.98, Glycemic Load:116.74, Inflammation Score:-10, Nutrition Score:51.60173934439%

## Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg,

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 2945.8kcal (147.29%), Fat: 224.81g (345.86%), Saturated Fat: 116.01g (725.05%), Carbohydrates: 237.1g (79.03%), Net Carbohydrates: 223.42g (81.24%), Sugar: 208.47g (231.64%), Cholesterol: 850.43mg (283.48%), Sodium: 688.84mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 107.02mg (35.67%), Protein: 31.6g (63.2%), Manganese: 4.61mg (230.54%), Vitamin A: 6014.62IU (120.29%), Phosphorus: 882.91mg (88.29%), Vitamin B2: 1.49mg (87.68%), Magnesium: 304.57mg (76.14%), Copper: 1.43mg (71.42%), Selenium: 40.99µg (58.56%), Vitamin D: 8.74µg (58.28%), Fiber: 13.68g (54.72%), Vitamin E: 7.9mg (52.66%), Calcium: 493.6mg (49.36%), Vitamin B1: 0.72mg (48.08%), Potassium: 1499.19mg (42.83%), Zinc: 6.37mg (42.44%), Vitamin K: 44.5µg (42.38%), Vitamin B6: 0.85mg (42.29%), Iron: 7.59mg (42.19%), Vitamin B12: 1.99µg (33.23%), Vitamin B5: 3.27mg (32.72%), Folate: 111.34µg (27.84%), Vitamin B3: 3.96mg (19.79%), Vitamin C: 13.15mg (15.94%)