



Mini Banana Split Icebox Cakes

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



617 kcal

DESSERT

Ingredients

- ☐ 0.5 small banana sliced
- ☐ 2 servings chocolate syrup for topping
- ☐ 12 chocolate wafers such as nabisco famous
- ☐ 3 tablespoons confectioners' sugar
- ☐ 0.5 cup heavy cream chilled
- ☐ 2 maraschino cherries for topping
- ☐ 2 tablespoons peanuts toasted chopped for topping
- ☐ 0.5 cup strawberries diced sliced for topping

☐ 0.3 teaspoon vanilla extract

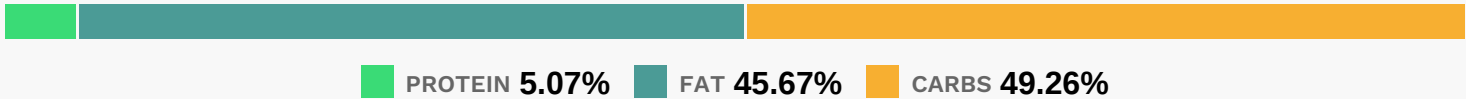
Equipment

- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ offset spatula
- ☐ butter knife

Directions

- ☐ In a blender, puree the diced strawberries with 1 to 2 tablespoons water until thick and smooth. Using an electric mixer, whip the cream until soft peaks form, 3 to 5 minutes.
- ☐ Add the confectioners' sugar, vanilla and strawberry puree and continue whipping until slightly stiff peaks form, 1 to 2 minutes.
- ☐ For each dessert, place a chocolate cookie on a plate. Dollop with 1 tablespoon of the strawberry whipped cream; gently press another cookie on top. Repeat, alternating cookies and whipped cream, to make a stack 6 cookies high, ending with a cookie. Wrap lightly in plastic wrap and refrigerate until the cookies soften slightly, 3 to 4 hours. Cover and refrigerate the remaining whipped cream.
- ☐ Just before serving, use an offset spatula or butter knife to smooth the sides of the cakes. Top each cake with a few strawberry and banana slices and some of the remaining whipped cream.
- ☐ Drizzle with chocolate syrup.
- ☐ Sprinkle with peanuts and top with a maraschino cherry.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:79.26, Glycemic Load:16.05, Inflammation Score:-7, Nutrition Score:13.817391312641%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 617.14kcal (30.86%), Fat: 32.21g (49.55%), Saturated Fat: 16.22g (101.37%), Carbohydrates: 78.14g (26.05%), Net Carbohydrates: 73.39g (26.69%), Sugar: 53.64g (59.6%), Cholesterol: 67.96mg (22.65%), Sodium: 256.96mg (11.17%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 6mg (2%), Protein: 8.05g (16.1%), Manganese: 0.88mg (43.87%), Vitamin C: 23.8mg (28.85%), Copper: 0.51mg (25.67%), Magnesium: 79.8mg (19.95%), Fiber: 4.75g (19%), Phosphorus: 186.8mg (18.68%), Vitamin A: 901.7IU (18.03%), Iron: 2.98mg (16.56%), Vitamin B2: 0.27mg (15.9%), Vitamin B3: 3.1mg (15.49%), Folate: 57.79µg (14.45%), Potassium: 443.63mg (12.68%), Vitamin B1: 0.17mg (11.51%), Vitamin B6: 0.19mg (9.32%), Selenium: 5.6µg (7.99%), Calcium: 76.53mg (7.65%), Zinc: 1.14mg (7.61%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.95mg (6.31%), Vitamin B5: 0.6mg (6.03%), Vitamin K: 3.96µg (3.77%), Vitamin B12: 0.13µg (2.13%)