

Mocha Banana Split

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 1 medium banana peeled cut in half crosswise
- ☐ 2 cherries
- ☐ 4 teaspoons chocolate-covered espresso beans chopped
- ☐ 4 teaspoons chocolate syrup
- ☐ 0.5 cup coffee ice cream low-fat
- ☐ 0.5 teaspoon espresso granules instant
- ☐ 0.5 cup ice-cream chocolate shell low-fat
- ☐ 4 teaspoons walnuts toasted chopped

☐ 1 tablespoon whipping cream

Equipment

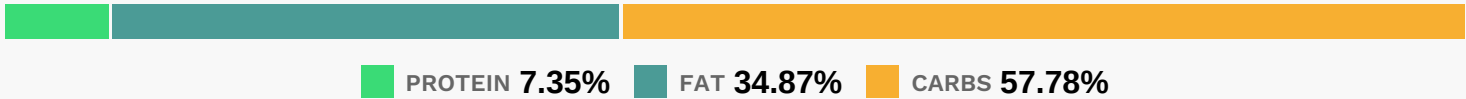
☐ bowl

☐ whisk

Directions

- ☐ Place whipping cream and espresso granules in a bowl; stir with a whisk until soft peaks form.
- ☐ Cut each banana half in half lengthwise.
- ☐ Place 2 banana quarters in each of 2 bowls. Top each serving with 1/4 cup coffee ice cream and 1/4 cup chocolate ice cream.
- ☐ Drizzle each serving with 2 teaspoons chocolate syrup, and top with half of whipped cream mixture.
- ☐ Sprinkle each serving with 2 teaspoons walnuts and 2 teaspoons espresso beans, and top with 1 cherry.

Nutrition Facts



Properties

Glycemic Index:76.89, Glycemic Load:12.81, Inflammation Score:-5, Nutrition Score:8.4169564558112%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 330.68kcal (16.53%), Fat: 13.17g (20.25%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 45.69g (16.61%), Sugar: 35.48g (39.43%), Cholesterol: 30.66mg (10.22%), Sodium:

67.55mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 91.92mg (30.64%), Protein: 6.25g (12.49%), Manganese: 0.44mg (21.97%), Calcium: 146.07mg (14.61%), Vitamin B2: 0.24mg (14.3%), Vitamin B6: 0.27mg (13.74%), Magnesium: 54.44mg (13.61%), Fiber: 3.39g (13.55%), Copper: 0.27mg (13.39%), Potassium: 462.35mg (13.21%), Phosphorus: 130.5mg (13.05%), Vitamin A: 485.67IU (9.71%), Vitamin C: 6.72mg (8.15%), Iron: 1.13mg (6.27%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.54mg (5.43%), Folate: 20.64µg (5.16%), Vitamin B1: 0.07mg (4.48%), Selenium: 3.05µg (4.36%), Vitamin B12: 0.24µg (4.06%), Vitamin B3: 0.71mg (3.57%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.83µg (1.74%), Vitamin D: 0.2µg (1.31%)