



Mom's Banana Dessert

 Vegetarian

READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

506 kcal

DESSERT

Ingredients

- ☐ 4 bananas sliced
- ☐ 8 servings chocolate syrup
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 tablespoons sugar
- ☐ 15 cream-filled chocolate sandwich cookies crushed recommended: Oreo
- ☐ 2 cups whipping cream

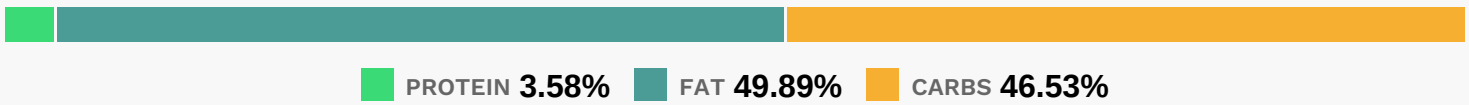
Equipment

- ☐ bowl

Directions

- ☐ Whip the cream with the sugar until firm peaks form.
- ☐ Fill a large glass bowl or small parfait glasses with half the cookies, banana slices, nuts and half the whipped cream.
- ☐ Drizzle chocolate syrup over the cream, then layer the remaining cookies, bananas, remaining whipped cream, a little more chocolate syrup, and then toasted nuts.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:16.86, Glycemic Load:8.64, Inflammation Score:-6, Nutrition Score:10.566086950509%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 505.9kcal (25.29%), Fat: 28.89g (44.44%), Saturated Fat: 15.44g (96.5%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 57.06g (20.75%), Sugar: 41.08g (45.65%), Cholesterol: 67.24mg (22.41%), Sodium: 132.79mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.53mg (1.17%), Protein: 4.66g (9.32%), Manganese: 0.62mg (30.93%), Iron: 3.87mg (21.48%), Copper: 0.37mg (18.68%), Vitamin A: 914.77IU (18.3%), Magnesium: 60.79mg (15.2%), Fiber: 3.55g (14.21%), Vitamin B2: 0.23mg (13.73%), Phosphorus: 129.45mg (12.95%), Vitamin B6: 0.25mg (12.6%), Potassium: 424.02mg (12.11%), Vitamin K: 8.68µg (8.27%), Vitamin E: 1.22mg (8.12%), Folate: 29.45µg (7.36%), Vitamin C: 5.61mg (6.8%), Vitamin B1: 0.1mg (6.71%), Vitamin D: 0.95µg (6.35%), Selenium: 4.25µg (6.07%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.84mg (5.63%), Calcium: 54.96mg (5.5%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.1µg (1.59%)