



## Peanut Butter and Banana Sundaes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



921 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon plus light
- ☐ 0.8 cup creamy peanut butter (not natural)
- ☐ 1.7 cups half-and-half
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 slices firm-ripe bananas
- ☐ 0.3 teaspoon salt
- ☐ 4 servings garnish: chocolate toffee candy such as a heath bar coarsely chopped
- ☐ 1.5 pt premium vanilla ice cream

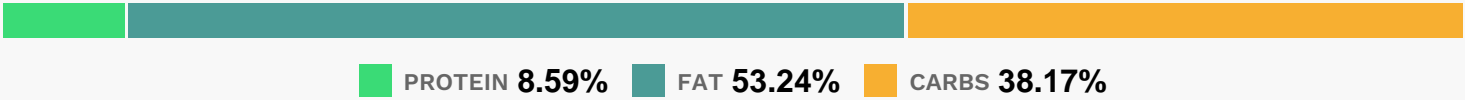
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Bring half-and-half, brown sugar, corn syrup, and salt to a boil in a 2-quart heavy saucepan over moderately high heat, whisking until smooth.
- ☐ Remove from heat and whisk in peanut butter until smooth.
- ☐ Transfer to a glass measure or small heatproof pitcher and cool slightly, about 5 minutes.
- ☐ Divide ice cream among 4 bowls, then top each serving with some banana slices and 3 tablespoons peanut butter sauce. (You will have some sauce left over.)
- ☐ Sauce keeps, cooled completely, uncovered, then chilled in an airtight container up to 1 week. Reheat before using.

## Nutrition Facts



## Properties

Glycemic Index:37.19, Glycemic Load:27.66, Inflammation Score:-8, Nutrition Score:20.116956405018%

## Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 920.73kcal (46.04%), Fat: 56.2g (86.46%), Saturated Fat: 24.19g (151.22%), Carbohydrates: 90.65g (30.22%), Net Carbohydrates: 86.86g (31.58%), Sugar: 79.34g (88.16%), Cholesterol: 113.6mg (37.87%), Sodium: 571.01mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.79%), Phosphorus: 448.96mg (44.9%), Vitamin B2: 0.72mg (42.34%), Calcium: 382.8mg (38.28%), Manganese: 0.76mg (38.2%), Vitamin E: 5.2mg (34.66%), Vitamin B3: 6.83mg (34.17%), Magnesium: 121.37mg (30.34%), Potassium: 824.34mg (23.55%), Vitamin A: 1109.1IU (22.18%), Vitamin B6: 0.39mg (19.55%), Zinc: 2.89mg (19.27%), Vitamin B5: 1.9mg (18.98%), Fiber: 3.8g (15.18%), Vitamin B12: 0.88µg (14.73%), Folate: 55.37µg (13.84%), Copper: 0.27mg (13.62%), Selenium: 8.85µg

(12.65%), Vitamin B1: 0.18mg (11.7%), Iron: 1.26mg (7.02%), Vitamin C: 2.67mg (3.23%), Vitamin D: 0.35µg (2.37%),  
Vitamin K: 2.03µg (1.93%)