



Peanut Butter-Chocolate Banana Split

 Gluten Free

READY IN



8 min.

SERVINGS



6

CALORIES



288 kcal

DESSERT

Ingredients

- 3 bananas cut in half lengthwise
- 0.3 cup chocolate syrup
- 1.5 tablespoons peanut butter reduced-fat
- 3 tablespoons peanuts unsalted chopped
- 3 cups vanilla bean ice cream light (such as Edy's)

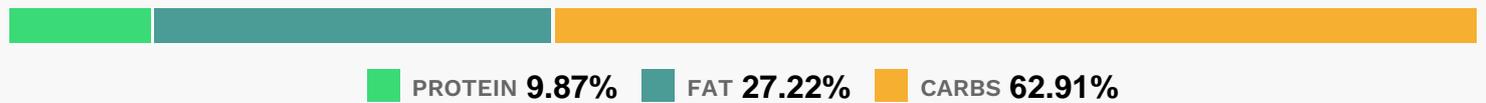
Equipment

- microwave

Directions

- Combine chocolate syrup and peanut butter in a 1-cup glass measure. Microwave at HIGH 40 seconds or until peanut butter melts. Stir until smooth.
- Cut each banana half crosswise into 2 pieces. Arrange 2 banana pieces in each of 6 dessert dishes; top banana with ice cream and hot chocolate sauce.
- Sprinkle with peanuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:14.52, Inflammation Score:-5, Nutrition Score:8.7408696102059%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 288.38kcal (14.42%), Fat: 9.04g (13.91%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 44.09g (16.03%), Sugar: 30.93g (34.37%), Cholesterol: 20.52mg (6.84%), Sodium: 87.87mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Manganese: 0.42mg (21.19%), Vitamin B2: 0.26mg (15.3%), Vitamin B6: 0.3mg (14.92%), Phosphorus: 148.98mg (14.9%), Magnesium: 54.66mg (13.66%), Potassium: 470.93mg (13.46%), Calcium: 132.75mg (13.27%), Fiber: 2.92g (11.66%), Vitamin B3: 2.18mg (10.92%), Copper: 0.18mg (8.89%), Vitamin A: 378.24IU (7.56%), Vitamin C: 6.07mg (7.36%), Vitamin B5: 0.71mg (7.1%), Zinc: 1.05mg (7.01%), Folate: 26.18µg (6.55%), Vitamin B12: 0.36µg (5.95%), Vitamin E: 0.88mg (5.86%), Vitamin B1: 0.08mg (5.45%), Selenium: 3.27µg (4.68%), Iron: 0.75mg (4.19%)