



Sauteed Banana Splits

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



500 kcal

Ingredients

- ☐ 4 bananas peeled halved lengthwise
- ☐ 4 tablespoons roasted peanuts dry
- ☐ 0.5 cup warm fudge sauce hot
- ☐ 2 cups neapolitan ice cream
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup non-dairy whipped topping

Equipment

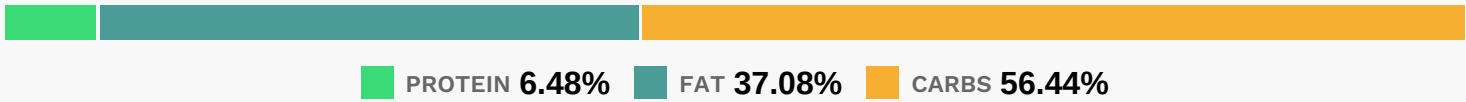
- ☐ bowl
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the peanuts in a plastic bag, seal, and crush with a heavy-bottomed skillet. Melt butter in a large skillet over medium-low heat.
- ☐ Add bananas and saute for 1 minute on each side, just until golden.
- ☐ Transfer bananas to 4 shallow dessert bowls and top with ice cream, warm hot fudge sauce, whipped topping, and peanuts.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:22.28, Inflammation Score:-6, Nutrition Score:12.587391127711%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 500.43kcal (25.02%), Fat: 21.3g (32.76%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 72.94g (24.31%), Net Carbohydrates: 67.51g (24.55%), Sugar: 46.53g (51.7%), Cholesterol: 37.32mg (12.44%), Sodium: 240.35mg (10.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Manganese: 0.67mg (33.67%), Vitamin B6: 0.52mg (26.14%), Fiber: 5.43g (21.74%), Potassium: 744.88mg (21.28%), Magnesium: 78.52mg (19.63%), Vitamin B2: 0.32mg (18.64%), Phosphorus: 183.13mg (18.31%), Copper: 0.28mg (14.23%), Vitamin E: 1.98mg (13.22%), Vitamin C: 10.74mg (13.02%), Calcium: 128.95mg (12.9%), Vitamin B3: 2.42mg (12.08%), Folate: 38.79µg (9.7%), Vitamin B5: 0.97mg (9.66%), Vitamin A: 455.48IU (9.11%), Zinc: 1.25mg (8.31%), Selenium: 4.66µg (6.65%), Vitamin B1: 0.1mg (6.38%), Iron: 1.04mg (5.76%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 2.58µg (2.46%), Vitamin D: 0.18µg (1.23%)