



Speedy banana splits



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



337 kcal

Ingredients

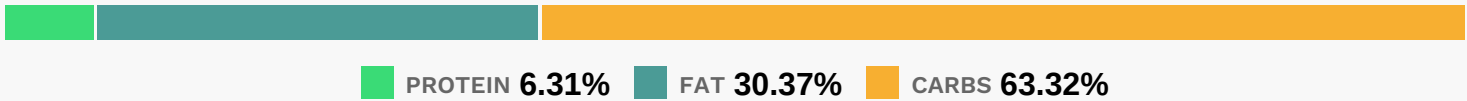
- ☐ 4 banana
- ☐ 4 scoops whipped cream
- ☐ 4 tbsp topping english (Provender Belgian is superb)
- ☐ 2 tbsp almonds flaked toasted

Equipment

Directions

Peel and split the bananas in half lengthways and place on two plates. Top with the scoops of ice cream, drizzle over the sauce and scatter with almonds.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:22.32, Inflammation Score:-5, Nutrition Score:10.4134783382%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 337.09kcal (16.85%), Fat: 11.84g (18.21%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 50.82g (18.48%), Sugar: 35.22g (39.13%), Cholesterol: 29.23mg (9.74%), Sodium: 119.77mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Manganese: 0.51mg (25.43%), Vitamin B6: 0.48mg (23.77%), Vitamin B2: 0.32mg (18.75%), Fiber: 4.69g (18.75%), Potassium: 644.39mg (18.41%), Magnesium: 63.72mg (15.93%), Vitamin E: 2.1mg (13.97%), Phosphorus: 137.74mg (13.77%), Vitamin C: 10.7mg (12.97%), Calcium: 113.14mg (11.31%), Copper: 0.22mg (11.24%), Vitamin B5: 0.82mg (8.24%), Folate: 29.86µg (7.47%), Vitamin A: 353.81IU (7.08%), Zinc: 0.95mg (6.31%), Vitamin B3: 1.09mg (5.45%), Vitamin B1: 0.08mg (5.36%), Vitamin B12: 0.27µg (4.48%), Iron: 0.8mg (4.44%), Selenium: 3.01µg (4.3%), Vitamin K: 1.26µg (1.2%)