



The Ultimate Banana Split

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



2475 kcal

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 0.3 cup banana chips
- 2 bananas
- 1.5 cups club soda
- 0.5 cup cornstarch
- 1.5 cups flour
- 1 teaspoon ground cinnamon
- 0.5 cup heavy cream

- 1 pinch kosher salt
- 0.3 cup pecans toasted
- 1.5 teaspoons salt
- 2 cups sugar
- 2 tablespoons bakers' sugar
- 2 tablespoons butter unsalted
- 1 pint vanilla bean ice cream
- 2 servings vegetable oil for deep frying
- 0.3 cup water
- 2 yolks

Equipment

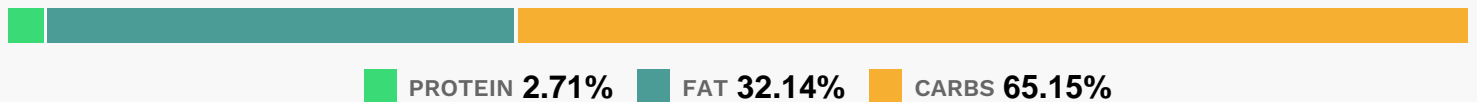
- paper towels
- sauce pan
- whisk
- mixing bowl
- pot

Directions

- Preheat your oil in a heavy-based pot for deep frying to 365 degrees F.
- In a large mixing bowl combine flour, cornstarch, baking powder, sugar, salt, and cinnamon. Make a well in the center and add the yolks and club soda. Using a whisk, stir from the inside working your way out, slowly incorporating the dry ingredients without forming any lumps. Peel the bananas and dip in the batter and coat well. Fry in hot oil for 4-5 minutes until batter is puffy and golden brown.
- Drain on paper towels when done.
- While bananas are cooking, prepare caramel sauce.
- Combine the sugar and water in a large heavy saucepan over medium heat. Cook, swirling the pot around, until the mixture is a deep caramel color and looks like syrup, about 8 minutes.

- Add the butter then carefully pour in the cream (it will bubble up) and continue to cook for another minute.
- Add a pinch of salt then cool before serving.
- To serve the banana split, cut the bananas lengthwise and top with a large scoop of vanilla bean ice cream.
- Pour warm caramel sauce over the top and finish with a sprinkle of banana chips and toasted pecans.

Nutrition Facts



Properties

Glycemic Index:188.48, Glycemic Load:215.92, Inflammation Score:-8, Nutrition Score:34.467826138372%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 8.09mg, Catechin: 8.09mg, Catechin: 8.09mg, Catechin: 8.09mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 2475.25kcal (123.76%), Fat: 90.39g (139.06%), Saturated Fat: 27.15g (169.7%), Carbohydrates: 412.35g (137.45%), Net Carbohydrates: 403.9g (146.87%), Sugar: 232.34g (258.15%), Cholesterol: 291.73mg (97.24%), Sodium: 3109.27mg (135.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.29%), Manganese: 1.9mg (94.97%), Calcium: 825.14mg (82.51%), Selenium: 47.82µg (68.32%), Vitamin B1: 0.91mg (60.51%), Folate: 228.51µg (57.13%), Phosphorus: 543.23mg (54.32%), Vitamin B2: 0.82mg (48.21%), Iron: 7.35mg (40.84%), Fiber: 8.45g (33.79%), Vitamin B3: 6.6mg (33.01%), Vitamin A: 1578.29IU (31.57%), Vitamin B6: 0.61mg (30.69%), Copper: 0.47mg (23.61%), Magnesium: 87.79mg (21.95%), Potassium: 725.77mg (20.74%), Vitamin B5: 1.69mg (16.86%), Zinc: 2.29mg (15.25%), Vitamin D: 2.13µg (14.23%), Vitamin C: 11.47mg (13.9%), Vitamin E: 1.96mg (13.08%), Vitamin K: 9.91µg (9.44%), Vitamin B12: 0.47µg (7.83%)