



Tiny Banana Splits

 **Gluten Free**  **Dairy Free**

READY IN



16 min.

SERVINGS



16

CALORIES



502 kcal

DESSERT

Ingredients

- 6 bananas
- 8 ounces bittersweet chocolate
- 1 pint strawberries dried rinsed
- 16 servings maraschino cherries
- 16 servings nuts crushed
- 1 pineapple frozen canned cored peeled cut into large dice (or 3 cups or pineapple)
- 0.5 cup sugar
- 1 cup vanilla

16 servings whipped cream

Equipment

food processor

bowl

blender

microwave

Directions

Halve bananas, then cut into quarters.

Place 3 segments into each serving dish. Using a melon baler to achieve "tiny" scoops, place a scoop of each flavor of ice cream on top of the banana. (Ice cream may be scooped ahead of time and refrozen. This will help the ice cream to hold its shape.)

Drizzle a little bit of each sauce over the ice cream and sprinkle with crushed nuts, whipped cream, and top it off with a maraschino cherry.

Break up or chop the chocolate and place it in a bowl. Melt in microwave on low power, stirring every 30 seconds.

Serve immediately.

Using a fork, mash strawberries with sugar in a bowl until well mixed. Refrigerate until ready to use.

Puree pineapple and sugar in food processor or blender until slightly chunky. Refrigerate until ready to use.

Nutrition Facts



PROTEIN 6.24% **FAT 40.31%** **CARBS 53.45%**

Properties

Glycemic Index:16.76, Glycemic Load:15.01, Inflammation Score:-6, Nutrition Score:14.839130382175%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 502.41kcal (25.12%), Fat: 23.14g (35.59%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 60.79g (22.11%), Sugar: 46.27g (51.41%), Cholesterol: 7.8mg (2.6%), Sodium: 11.72mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 8.05g (16.1%), Manganese: 1.42mg (71%), Vitamin C: 31.64mg (38.35%), Copper: 0.67mg (33.43%), Fiber: 8.23g (32.91%), Magnesium: 113.2mg (28.3%), Phosphorus: 195.35mg (19.54%), Vitamin B6: 0.33mg (16.31%), Potassium: 505.04mg (14.43%), Iron: 2.6mg (14.42%), Zinc: 1.71mg (11.43%), Vitamin B3: 2.12mg (10.62%), Folate: 35.2µg (8.8%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.14mg (8.44%), Vitamin B5: 0.75mg (7.53%), Calcium: 72.86mg (7.29%), Vitamin A: 142.46IU (2.85%), Selenium: 1.98µg (2.83%), Vitamin K: 1.83µg (1.74%), Vitamin E: 0.18mg (1.2%), Vitamin B12: 0.07µg (1.13%)