

Tropical Dessert



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



163 kcal

Ingredients

- 2 bananas ripe sliced
- 0.5 cup baker's angel flake coconut
- 0.3 cup pancake syrup
- 20 oz pineapple chunks drained canned
- 0.3 cup planters walnuts chopped
- 1.8 cups cool whip whipped topping thawed

Equipment

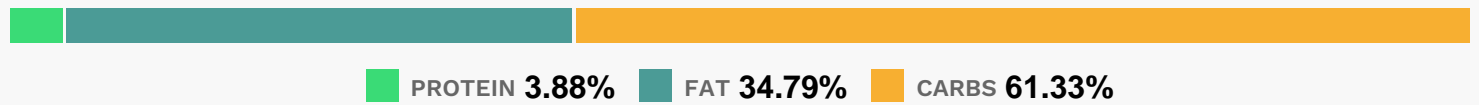
- bowl
- whisk

hand mixer

Directions

- Beat whipped topping and syrup in large bowl with wire whisk or electric mixer on medium speed until well blended.
- Add fruit, coconut and walnuts; stir gently. Cover.
- Refrigerate several hours or until chilled.
- Garnish with orange zest just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:7.48, Glycemic Load:2.65, Inflammation Score:-2, Nutrition Score:4.0400000188662%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.68kcal (8.13%), Fat: 6.68g (10.27%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 24.25g (8.82%), Sugar: 14.45g (16.06%), Cholesterol: 0.68mg (0.23%), Sodium: 22.17mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Manganese: 0.29mg (14.46%), Copper: 0.18mg (9.13%), Vitamin C: 7.48mg (9.07%), Fiber: 2.24g (8.96%), Vitamin B6: 0.16mg (8.01%), Magnesium: 24.45mg (6.11%), Potassium: 204.34mg (5.84%), Vitamin B1: 0.08mg (5.43%), Phosphorus: 38.8mg (3.88%), Vitamin B2: 0.05mg (2.97%), Folate: 11.2µg (2.8%), Iron: 0.47mg (2.61%), Selenium: 1.78µg (2.54%), Calcium: 23.75mg (2.38%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 60.16IU (1.2%)