



Two Brother's Banana Splits

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



1098 kcal

Ingredients

- 1 banana halved lengthwise
- 1 serving poached berries fresh for serving
- 1 serving grands flaky refrigerator biscuits crumbled for serving
- 0.3 cup creamy peanut butter
- 1 scoop second favorite ice cream
- 2 scoops favorite ice cream
- 1 serving honey-roasted peanuts chopped for serving
- 2 scoops favorite sorbet
- 1 serving whipped cream for serving

1 scoop favorite yogurt frozen

Equipment

bowl

Directions

Watch how to make this recipe.

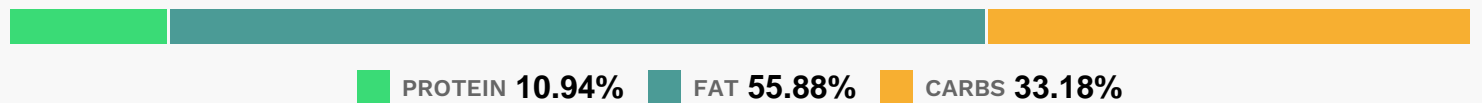
Arrange the banana halves in a banana split dish or shallow bowl. Nestle scoops of sorbet and frozen yogurt between the halves. Top with the berries and serve.

Halve the banana and arrange them in a banana split dish or shallow bowl.

Spread creamy peanut butter on cut side of each half. Nestle scoops of each ice cream between the halves.

Serve with a generous dollop of whipped cream, crumbled cookies, and honey-roasted peanuts.

Nutrition Facts



Properties

Glycemic Index:309.78, Glycemic Load:43.11, Inflammation Score:-9, Nutrition Score:32.22695667329%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1098.26kcal (54.91%), Fat: 71.47g (109.95%), Saturated Fat: 23.27g (145.43%), Carbohydrates: 95.49g (31.83%), Net Carbohydrates: 85.19g (30.98%), Sugar: 64.5g (71.66%), Cholesterol: 91.73mg (30.58%), Sodium: 572.15mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.93%), Manganese: 1.99mg (99.62%), Vitamin B3: 14.11mg (70.57%), Phosphorus: 574.72mg (57.47%), Magnesium: 219.84mg (54.96%), Vitamin

B6: 0.89mg (44.75%), Vitamin E: 6.66mg (44.37%), Vitamin B2: 0.72mg (42.2%), Fiber: 10.3g (41.2%), Potassium: 1425.56mg (40.73%), Calcium: 328.82mg (32.88%), Folate: 127.83µg (31.96%), Copper: 0.61mg (30.43%), Vitamin B5: 2.67mg (26.68%), Zinc: 3.81mg (25.4%), Vitamin B1: 0.31mg (20.53%), Vitamin A: 951.52IU (19.03%), Selenium: 9.79µg (13.98%), Vitamin C: 11.48mg (13.92%), Vitamin B12: 0.79µg (13.16%), Iron: 2.32mg (12.9%), Vitamin D: 0.42µg (2.8%), Vitamin K: 1.77µg (1.68%)