



Two Brothers' Banana Splits



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



954 kcal

Ingredients

- ☐ 1 banana halved lengthwise
- ☐ 1 serving poached berries fresh for serving
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 scoops whipped cream
- ☐ 1 serving roasted peanuts chopped for serving
- ☐ 1 serving whipped cream for serving
- ☐ 1 scoop yogurt frozen

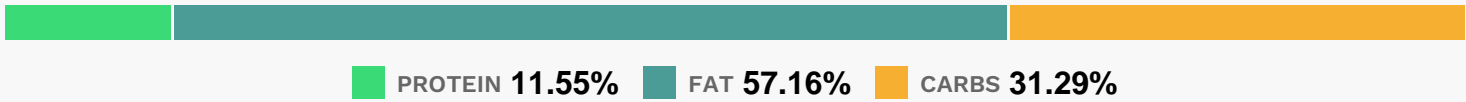
Equipment

- ☐ bowl

Directions

- ☐ Healthy Guy's Banana Split
- ☐ Place the banana halves in a banana split dish or shallow bowl. Nestle the scoops of sorbet and frozen yogurt between the halves.
- ☐ Serve topped with the berries.
- ☐ Big Guy's Banana Split
- ☐ Place the banana halves in a banana split dish or shallow bowl.
- ☐ Spread the peanut butter on the cut side of each half. Nestle the ice cream scoops between the halves, alternating the flavors.
- ☐ Serve with a generous dollop of whipped cream, crumbled cookies, and peanuts.
- ☐ From The Deen Bros. Take It Easy by Jamie Deen, Bobby Deen and Melissa Clark Copyright (c) 2009 by Jamie Deen, Bobby Deen and Melissa Clark Published by Ballantine Books.Jamie and Bobby Deen grew up in Georgia—first in Albany and then in Savannah—and, like many Southerners, they have always considered cooking and food a big part of their lives. When their mother, Paula Deen, started a sandwich delivery business in 1989, the boys took charge of deliveries. As the business grew into The Lady restaurant, they continued to help. Then, in 1996, the trio opened The Lady & Sons Restaurant to resounding success. They haven't looked back since. They regularly appear on ABC's Good Morning America and had their own Food Network show, Road Tasted.Melissa Clark has written for The New York Times, Food & Wine, Travel & Leisure, and Real Simple and has collaborated on twenty-one books.

Nutrition Facts



Properties

Glycemic Index:184.78, Glycemic Load:33.49, Inflammation Score:-8, Nutrition Score:29.537826061249%

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, 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: 954.03kcal (47.7%), Fat: 63.94g (98.36%), Saturated Fat: 18.71g (116.91%), Carbohydrates: 78.74g (26.25%), Net Carbohydrates: 68.95g (25.07%), Sugar: 49.91g (55.45%), Cholesterol: 62.69mg (20.9%), Sodium: 514.47mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.13%), Manganese: 1.98mg (99.14%), Vitamin B3: 14.01mg (70.03%), Magnesium: 210.46mg (52.61%), Phosphorus: 504.77mg (50.48%), Vitamin B6: 0.86mg (43.13%), Vitamin E: 6.43mg (42.89%), Fiber: 9.79g (39.15%), Potassium: 1293.34mg (36.95%), Vitamin B2: 0.56mg (32.7%), Folate: 123.72µg (30.93%), Copper: 0.59mg (29.63%), Calcium: 244.21mg (24.42%), Vitamin B5: 2.28mg (22.82%), Zinc: 3.35mg (22.33%), Vitamin B1: 0.28mg (18.49%), Vitamin A: 672.8IU (13.46%), Vitamin C: 11.09mg (13.44%), Iron: 2.23mg (12.4%), Selenium: 8.54µg (12.19%), Vitamin B12: 0.53µg (8.87%), Vitamin D: 0.29µg (1.92%), Vitamin K: 1.46µg (1.39%)