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Large Banana Split Blast ♦

The Large Banana Split Blast is a classic dessert recipe that features a delicious combination of bananas, ice cream, chocolate sauce, and whipped cream. It is a popular treat enjoyed by people of all ages. The recipe dates back to the early 20th century and is often served in ice cream parlors and dessert shops. The preparation involves layering the ingredients in a large glass or bowl and topping it off with a cherry on top. It is best enjoyed on a hot summer day or as a special treat for birthdays or other celebrations.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

200 g	Banana
200 g	vanilla ice cream
50 g	chocolate sauce

50 g	whipped cream
5 g	Cherry

Directions

Step 1

Cut

Peel and slice the banana.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the sliced banana in a large glass or bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Scoop the vanilla ice cream on top of the banana slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Drizzle the chocolate sauce over the ice cream.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Add a dollop of whipped cream on top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnish with a cherry.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 80 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	80 g	145.45%	160%
Fibers	5 g	13.16%	20%
Sugars	60 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Easter

Birthday

Valentine's Day

Anniversary

Back to School

Picnic

Cuisines

Italian

Course

Desserts

Drinks

Breads

Snacks

Sauces & Dressings

Cultural

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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