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Peanut Butter and Banana Sundaes

Peanut Butter and Banana Sundaes are a classic dessert that combines the rich and creamy flavors of peanut butter and banana. This delicious treat is perfect for any occasion and can be enjoyed by both kids and adults. The combination of sweet bananas and creamy peanut butter creates a mouthwatering dessert that is sure to satisfy your sweet tooth. Whether you're enjoying it on a hot summer day or as a special treat after dinner, Peanut Butter and Banana Sundaes are always a crowd pleaser.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g Bananas

100 g peanut butter

| | |
|------|-----------------|
| 50 g | chocolate syrup |
| 50 g | whipped cream |
| 20 g | chopped peanuts |

Directions

Step 1

Cut

Peel and slice the bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread peanut butter on top of the banana slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pouring

Drizzle chocolate syrup over the peanut butter and bananas.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Top with whipped cream and chopped peanuts.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 70 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 70 g | 127.27% | 140% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 30 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 15 mg | 16.67% | 20% |
| Vitamin B6 | 1 mg | 76.92% | 76.92% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| 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 | 4 mg | 0.4% | 0.4% |
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 600 mg | 17.65% | 23.08% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 5 mcg | 9.09% | 9.09% |

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Course

Desserts

Salads

Snacks

Cultural

Halloween

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Weight Watchers (WW) Diet

Paleo Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Boiling

Roasting

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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