



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Banana Split

A classic dessert made with bananas, ice cream, and various toppings.

**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

300 g	Bananas
200 g	vanilla ice cream
50 g	chocolate syrup
50 g	whipped cream
30 g	cherries
30 g	Nuts

# Directions

---

## Step 1

Cut

Peel and slice the bananas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

Scoop the vanilla ice cream into a bowl.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

Top the ice cream with sliced bananas.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Drizzle chocolate syrup over the bananas and ice cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

Add whipped cream on top.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 6

Garnish with cherries and nuts.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 400 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 70 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	70 g	127.27%	140%
Fibers	5 g	13.16%	20%
Sugars	40 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	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 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	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas

Easter

### Course

Drinks

Desserts

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

## Meal Type

Brunch

Lunch

Dinner

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)