



Bacon Wrapped Bananas

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



144 kcal

SIDE DISH

Ingredients

- 10 slices bacon halved
- 4 bananas ripe cut into 5 chunks
- 1 tablespoon honey
- 0.3 cup soya sauce

Equipment

- bowl
- baking sheet
- oven

- whisk
- toothpicks
- broiler

Directions

- Whisk soy sauce and honey together in a large bowl; add bananas and stir to coat bananas in marinade. Refrigerate for 30 minutes.
- Remove banana chunks and reserve marinade.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Wrap bananas with bacon and secure by threading a toothpick through the bacon. Dip wrapped bananas in reserved marinade and arrange on a baking sheet.
- Broil in the preheated oven until bacon is browned and crispy, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:6.17, Inflammation Score:-1, Nutrition Score:3.7786956481312%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 143.61kcal (7.18%), Fat: 8.89g (13.68%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.82g (4.3%), Sugar: 7.58g (8.42%), Cholesterol: 14.52mg (4.84%), Sodium: 470.18mg (20.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin B6: 0.24mg (12.19%), Manganese: 0.16mg (8.02%), Vitamin B3: 1.43mg (7.15%), Selenium: 4.96µg (7.08%), Potassium: 225.92mg (6.45%), Vitamin B1: 0.08mg (5.25%), Fiber: 1.28g (5.11%), Vitamin C: 4.12mg (4.99%), Phosphorus: 49.69mg (4.97%), Magnesium: 17.75mg (4.44%), Vitamin B2: 0.06mg (3.64%), Vitamin B5: 0.3mg (3.03%), Copper: 0.05mg (2.73%), Folate: 10.53µg (2.63%), Zinc: 0.36mg (2.4%), Iron: 0.36mg (2%), Vitamin B12: 0.11µg (1.83%)