



Banana and Chocolate Crisp

READY IN



45 min.

SERVINGS



6

CALORIES



615 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 5 large bananas diced ripe peeled
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup chocolate chips
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 pinch nutmeg
- ☐ 0.3 cup old fashioned oatmeal
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup sugar

☐

1 stick butter unsalted

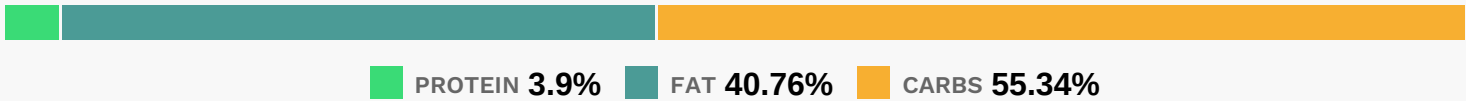
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350F.
- ☐ Combine the flour, sugar, brown sugar, oatmeal and butter in a bowl.
- ☐ Mix well until well combined.
- ☐ Pour the banana mixture in the baking dish.
- ☐ Sprinkle the topping evenly over the bananas.
- ☐ Bake until the topping is crisp and golden brown and the banana–chocolate filling bubbles slowly, about 45 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:57.56, Glycemic Load:42.33, Inflammation Score:−6, Nutrition Score:14.185217375341%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 614.9kcal (30.75%), Fat: 28.94g (44.52%), Saturated Fat: 12.56g (78.51%), Carbohydrates: 88.38g (29.46%), Net Carbohydrates: 82.94g (30.16%), Sugar: 48.75g (54.17%), Cholesterol: 40.49mg (13.5%), Sodium: 7.98mg (0.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Manganese: 1.25mg (62.53%), Vitamin B1: 0.38mg (25.45%), Vitamin B6: 0.47mg (23.25%), Fiber: 5.44g (21.77%), Folate: 84.45µg (21.11%), Selenium: 13.39µg (19.13%), Copper: 0.32mg (15.93%), Potassium: 555.09mg (15.86%), Vitamin B2: 0.27mg (15.68%), Magnesium: 59.34mg (14.84%), Vitamin B3: 2.81mg (14.06%), Iron: 2.32mg (12.91%), Vitamin C: 10.02mg (12.15%), Phosphorus: 111.88mg (11.19%), Vitamin A: 551.47IU (11.03%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.71mg (7.11%), Vitamin E: 0.77mg (5.16%), Calcium: 45.01mg (4.5%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.28µg (1.88%)