



Banana and Mango Spring Rolls with Coconut-Chocolate Ganache



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



671 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 small banana chinese ripe peeled halved lengthwise halved (dwarf bananas)
- ☐ 1 eggs beaten to blend
- ☐ 0.3 cup brown sugar packed ()
- ☐ 1.5 teaspoons ground ginger
- ☐ 2 small mangos pitted kidney-shaped peeled cut lengthwise into 3-inch-long, 1/2-inch-wide strips (small orange mangoes)
- ☐ 8 servings mint leaves fresh
- ☐ 8 ounces bittersweet chocolate chopped

- ☐ 8 square you will also need: parchment paper frozen thawed ()
- ☐ 14 ounce coconut milk unsweetened canned
- ☐ 8 servings vegetable oil for frying (preferably grapeseed oil;)

Equipment

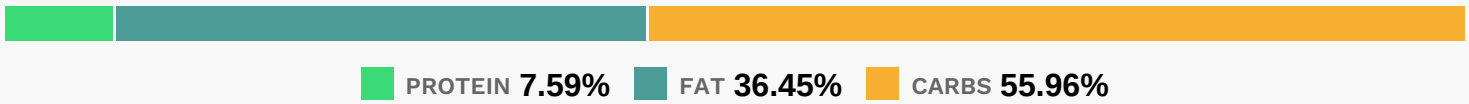
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Combine coconut milk, palm sugar, and ginger in heavy medium saucepan. Bring mixture to simmer over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add chocolate and whisk until mixture is melted and smooth. DO AHEAD Ganache can be made 1 day ahead. Cover and refrigerate. Before serving, stir over low heat just until pourable.
- ☐ Line baking sheet with parchment paper.
- ☐ Place 1 spring roll wrapper on work surface in diamond shape (1 pointed end toward you and 1 pointed end in opposite direction).
- ☐ Place 1 banana piece across center of wrapper, then 2 mango strips. Fold bottom pointed corner of spring roll wrapper up over fruit, then fold in sides over fruit.
- ☐ Brush unfolded part of spring roll wrapper with beaten egg.
- ☐ Roll up wrapper, enclosing fruit completely.
- ☐ Place on prepared baking sheet. Repeat with remaining spring roll wrappers, banana halves, mango strips, and beaten egg. DO AHEAD Spring rolls can be made 4 hours ahead. Cover with plastic wrap and refrigerate.

- ☐
- Pour enough vegetable oil into heavy deep skillet to reach depth of 1 1/2 inches; heat oil to between 360°F and 375°F. Working in 2 batches, add spring rolls to hot oil and cook until golden and crisp, turning often, about 3 minutes per batch. Using slotted spoon, transfer spring rolls to paper towels to drain.
- ☐
- Place 1 spring roll on each of 8 plates.
- ☐
- Garnish with mint sprigs.
- ☐
- Drizzle with coconut–chocolate ganache.

Nutrition Facts



Properties

Glycemic Index:13.32, Glycemic Load:9.18, Inflammation Score:-8, Nutrition Score:22.559564932533%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 671kcal (33.55%), Fat: 27.65g (42.55%), Saturated Fat: 17.65g (110.33%), Carbohydrates: 95.55g (31.85%), Net Carbohydrates: 88.39g (32.14%), Sugar: 34.24g (38.04%), Cholesterol: 29.81mg (9.94%), Sodium: 508.29mg (22.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 12.95g (25.9%), Manganese: 1.69mg (84.27%), Selenium: 32.25µg (46.07%), Copper: 0.72mg (36.05%), Iron: 5.96mg (33.12%), Vitamin B1: 0.5mg (33.1%), Vitamin C: 24.94mg (30.23%), Vitamin B3: 5.97mg (29.87%), Folate: 117.26µg (29.31%), Fiber: 7.16g (28.65%), Magnesium: 107.15mg (26.79%), Vitamin B2: 0.42mg (24.71%), Phosphorus: 223.14mg (22.31%), Potassium: 659.07mg (18.83%), Vitamin B6: 0.32mg (15.76%), Vitamin A: 690.62IU (13.81%), Zinc: 1.91mg (12.72%), Vitamin K: 9.69µg (9.22%), Calcium: 87.23mg (8.72%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.12µg (1.95%)