



Banana Boats

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



7 min.

SERVINGS



2

CALORIES



255 kcal

SIDE DISH

Ingredients

- 2 bananas
- 0.3 cup marshmallows miniature
- 0.3 cup semi chocolate chips

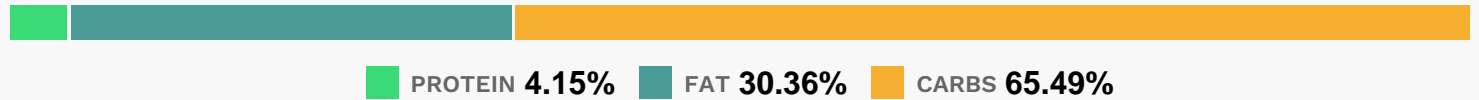
Equipment

- oven
- aluminum foil

Directions

- Slit each banana lengthwise through the peel, making sure not to cut all the way through to the other side. Stuff the bananas with marshmallows and chocolate chips.
- Wrap each banana in aluminum foil and cook over a fire, on the barbecue, or in a 300 degree oven for 5 minutes, or until chocolate is melted. Eat with a spoon.

Nutrition Facts



Properties

Glycemic Index:57.64, Glycemic Load:16.13, Inflammation Score:-4, Nutrition Score:8.5895652900571%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 255.17kcal (12.76%), Fat: 9.02g (13.88%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 38.91g (14.15%), Sugar: 26.26g (29.17%), Cholesterol: 1.35mg (0.45%), Sodium: 8.43mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 2.78g (5.55%), Manganese: 0.62mg (30.86%), Vitamin B6: 0.44mg (22.04%), Fiber: 4.87g (19.5%), Copper: 0.38mg (18.95%), Magnesium: 71.58mg (17.9%), Potassium: 550.33mg (15.72%), Vitamin C: 10.27mg (12.44%), Iron: 1.74mg (9.68%), Phosphorus: 84.96mg (8.5%), Folate: 23.66µg (5.92%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.78mg (5.17%), Vitamin B3: 0.98mg (4.89%), Vitamin B5: 0.46mg (4.62%), Selenium: 3.18µg (4.54%), Vitamin B1: 0.04mg (2.92%), Vitamin K: 2.21µg (2.1%), Calcium: 20.04mg (2%), Vitamin A: 86.77IU (1.74%), Vitamin E: 0.25mg (1.67%)