



Banana, Chocolate, and Hazelnut Dip

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 banana ripe
- 0.3 cup chocolate-hazelnut spread
- 10 servings graham crackers
- 0.5 cup nonfat greek yogurt plain
- 2 tablespoons powdered sugar
- 0.5 cup heavy whipping cream light sour
- 1 tablespoon cocoa unsweetened

Equipment

Directions

- Mash banana with a fork until smooth.
- Combine banana, yogurt, sour cream, chocolate-hazelnut spread, powdered sugar, and cocoa.
- Serve with graham crackers.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:18.06, Inflammation Score:-2, Nutrition Score:4.5426087133262%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 212.23kcal (10.61%), Fat: 7.13g (10.97%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 31.35g (11.4%), Sugar: 15.21g (16.89%), Cholesterol: 4.53mg (1.51%), Sodium: 202.02mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Phosphorus: 99.79mg (9.98%), Iron: 1.71mg (9.5%), Vitamin B2: 0.14mg (8.01%), Fiber: 1.98g (7.94%), Magnesium: 30.85mg (7.71%), Manganese: 0.14mg (6.94%), Calcium: 61.48mg (6.15%), Vitamin B3: 1.22mg (6.1%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.81mg (5.41%), Potassium: 178.62mg (5.1%), Folate: 18.76µg (4.69%), Vitamin B6: 0.09mg (4.44%), Copper: 0.09mg (4.36%), Vitamin E: 0.54mg (3.63%), Selenium: 1.91µg (2.72%), Vitamin B12: 0.15µg (2.42%), Vitamin C: 1.13mg (1.37%), Vitamin B5: 0.11mg (1.09%)