



Banana Chocolate Crumbles

 Vegetarian

READY IN



27 min.

SERVINGS



4

CALORIES



763 kcal

DESSERT

Ingredients

- ☐ 1.5 cups baking mix
- ☐ 4 large bananas sliced
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup cocoa powder
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup milk divided
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup semi-sweet chocolate chips

- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted divided softened

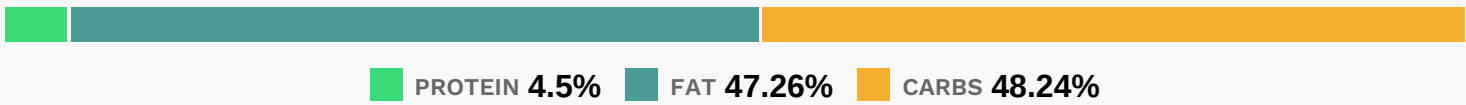
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees. Spray an 8 by 8-inch pan with nonstick spray.
- ☐ Stir together the banana slices, brown sugar, chocolate chips, and 2 tablespoons butter in a bowl.
- ☐ Spread evenly into the prepared pan.
- ☐ Combine the baking mix, sugar, cocoa powder, remaining 2 tablespoons butter, and 2 tablespoons milk in another bowl. Using your fingers or a fork, combine until you get a moist crumble.
- ☐ Spread the topping evenly over the banana mixture.
- ☐ Bake until golden brown, 15 to 20 minutes.
- ☐ Let cool.
- ☐ When you are ready to serve, whip the cream with the powdered sugar.
- ☐ Serve the crumble topped with the whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.72, Glycemic Load:19.51, Inflammation Score:-8, Nutrition Score:19.333478347115%

Flavonoids

Catechin: 11.78mg, Catechin: 11.78mg, Catechin: 11.78mg, Catechin: 11.78mg Epicatechin: 10.59mg, Epicatechin: 10.59mg, Epicatechin: 10.59mg, Epicatechin: 10.59mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 762.5kcal (38.12%), Fat: 41.67g (64.11%), Saturated Fat: 23.32g (145.76%), Carbohydrates: 95.69g (31.9%), Net Carbohydrates: 88.06g (32.02%), Sugar: 52.56g (58.41%), Cholesterol: 84.13mg (28.04%), Sodium: 601.52mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.9mg (8.3%), Protein: 8.93g (17.86%), Manganese: 0.93mg (46.52%), Phosphorus: 415.73mg (41.57%), Fiber: 7.64g (30.55%), Copper: 0.58mg (28.78%), Vitamin B6: 0.58mg (28.78%), Magnesium: 106.93mg (26.73%), Vitamin B2: 0.43mg (25.15%), Potassium: 811.73mg (23.19%), Vitamin A: 1126.68IU (22.53%), Folate: 87.51µg (21.88%), Vitamin B1: 0.33mg (21.86%), Iron: 3.42mg (19%), Calcium: 166.35mg (16.64%), Vitamin B3: 3.25mg (16.27%), Vitamin C: 12.23mg (14.83%), Selenium: 8.72µg (12.46%), Vitamin B5: 1.11mg (11.14%), Zinc: 1.41mg (9.43%), Vitamin D: 1.09µg (7.28%), Vitamin K: 7.24µg (6.9%), Vitamin E: 1.03mg (6.86%), Vitamin B12: 0.38µg (6.32%)