

STARTER & SNACK

Banana Chocolate Spring Rolls

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
27 min	5 min	22 min	2	\$4.32	1,153 kcal

Need a dairy free hor d'oeuvre? Banana Chocolate Spring Rolls could be an awesome recipe to try. This recipe serves 2. For \$4.32 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. One serving contains 1197 calories, 6g of protein, and 105g of fat.

Ingredients

- ☐ 1 banana, quartered
- ☐ 2 tablespoons cane or granulated sugar
- ☐ 4 teaspoons semi-sweet chocolate, chopped into small pieces
- ☐ 4 ounces caramel ice cream
- ☐ 1 quart peanut oil, for frying
- ☐ 4 wonton wrappers

EQUIPMENT Paper towels, Pot

Method

- 1

Preheat the oil to 350 degrees F in a large, deep (at least 2 quarts) pot.
- 2

Place 1 piece of the quartered banana and several small chocolate pieces at the bottom of the wonton wrapper.
- 3

Sprinkle with sugar and wet the edges with water. Repeat with remaining ingredients. Wrap like a burrito and drop into the oil. Fry until golden brown and place on a plate with paper towels to soak up excess oil until ready to serve.
- 4

Sprinkle again with sugar.

5 Place on the serving plate with a scoop of ice cream.

Nutrition per serving

1,153

KCAL

5 g

PROTEIN

105 g

FAT

53 g

CARBS

Saturated Fat	22.1 g · 138% of daily needs
Fibre	3 g · 12% of daily needs
Sugar	34.8 g · 39% of daily needs
Sodium	133 mg · 6% of daily needs
Cholesterol	26.9 mg · 9% of daily needs
Vitamin C	5.5 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/banana-chocolate-spring-rolls-148406](https://www.whatsheate.com/banana-chocolate-spring-rolls-148406)