



Banana-Coconut Bake



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 6 medium banana
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.7 cup coconut or shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup orange juice

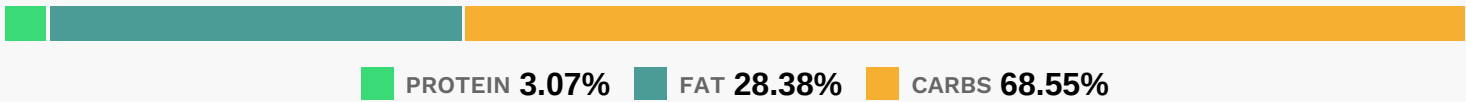
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease pie plate, 10x1 1/2 inches.
- ☐ Cut bananas crosswise in half; cut each half lengthwise in half.
- ☐ Place in pie plate.
- ☐ Dot bananas with butter.
- ☐ Drizzle with orange and lemon juices.
- ☐ Sprinkle with brown sugar and coconut.
- ☐ Bake uncovered 8 to 10 minutes or until coconut is golden.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:13.84, Inflammation Score:-4, Nutrition Score:7.0613043522057%

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 Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 211.62kcal (10.58%), Fat: 7.16g (11.01%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 34.99g (12.72%), Sugar: 25.06g (27.85%), Cholesterol: 0mg (0%), Sodium: 49.69mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Manganese: 0.46mg (23%), Vitamin B6: 0.45mg (22.43%), Vitamin C: 18.43mg (22.33%), Fiber: 3.9g (15.61%), Potassium: 498.37mg (14.24%), Magnesium: 37.33mg (9.33%), Folate: 30.68µg (7.67%), Copper: 0.14mg (7.07%), Vitamin B2: 0.09mg (5.54%), Vitamin A: 270.15IU (5.4%), Vitamin B5: 0.47mg (4.66%), Vitamin B3: 0.9mg (4.51%), Phosphorus: 39.99mg (4%), Vitamin B1: 0.06mg (3.73%), Iron: 0.62mg (3.43%), Selenium: 2.2µg (3.15%), Vitamin E: 0.29mg (1.96%), Zinc: 0.29mg (1.9%), Calcium: 17.82mg (1.78%)