



Banana Cookie Balls

READY IN



90 min.

SERVINGS



30

CALORIES



101 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white melted (6 oz.)
- 0.3 cup bananas ripe mashed
- 8 oz philadelphia cream cheese softened
- 0.3 cup planters pecans finely chopped
- 2 oz baker's semi-sweet chocolate melted
- 2 cups vanilla wafers crushed finely
- 8 drops food coloring yellow

Equipment

frying pan

Directions

Mix cream cheese, cookie crumbs and bananas until blended.

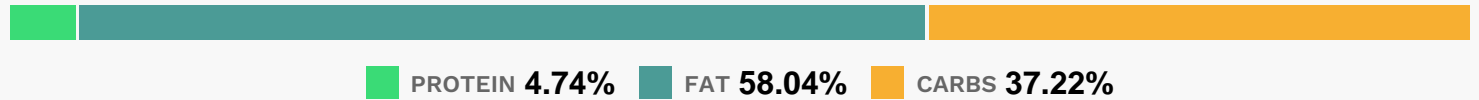
Shape into 36 (1-inch) balls.

Mix white chocolate and food coloring. Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan.

Sprinkle with nuts; drizzle with semi-sweet chocolate.

Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:1.4669565202101%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 100.74kcal (5.04%), Fat: 6.61g (10.17%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.13g (3.32%), Sugar: 5.77g (6.41%), Cholesterol: 8.62mg (2.87%), Sodium: 56.83mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Manganese: 0.08mg (4.01%), Vitamin B1: 0.04mg (2.89%), Vitamin B2: 0.05mg (2.85%), Phosphorus: 26.15mg (2.61%), Vitamin A: 105.29IU (2.11%), Copper: 0.04mg (2.09%), Folate: 7.97µg (1.99%), Calcium: 16.88mg (1.69%), Fiber: 0.41g (1.64%), Magnesium: 6.24mg (1.56%), Selenium: 1.04µg (1.48%), Potassium: 48.14mg (1.38%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.17mg (1.12%)