



WHATShEATE

Banana Crumble



Vegetarian

READY IN



51 min.

SERVINGS



6

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 5 large banana halved sliced
- ☐ 1 tablespoon angostura bitters
- ☐ 2 cups breadcrumbs fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 4 tablespoons butter melted
- ☐ 6 servings butter
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

☐ 0.3 cup sugar

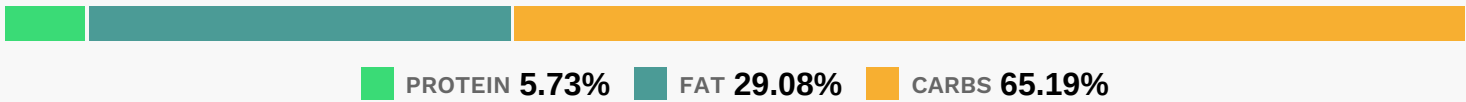
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Lightly butter an 8-inch square baking dish or 6 (8-ounce) ramekins.
- ☐ Stir together first 5 ingredients in a medium bowl. Stir in butter and bitters.
- ☐ Place half of banana slices in bottom of baking dish or evenly in bottoms of ramekins.
- ☐ Sprinkle with half of breadcrumb mixture. Repeat with remaining bananas and remaining breadcrumb mixture.
- ☐ Bake 35 minutes.
- ☐ Serve with Bitters-and-Butter Sauce.

Nutrition Facts



Properties

Glycemic Index:49.98, Glycemic Load:18.38, Inflammation Score:-5, Nutrition Score:11.64043480417%

Flavonoids

Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 425.71kcal (21.29%), Fat: 13.97g (21.49%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 70.45g (23.48%), Net Carbohydrates: 65.73g (23.9%), Sugar: 33.63g (37.37%), Cholesterol: 30.82mg (10.27%), Sodium: 359.51mg

(15.63%), Alcohol: 1.13g (100%), Alcohol %: 0.77% (100%), Protein: 6.19g (12.38%), Manganese: 0.69mg (34.46%), Vitamin B1: 0.38mg (25.62%), Vitamin B6: 0.46mg (23.21%), Fiber: 4.72g (18.87%), Vitamin B3: 3.16mg (15.81%), Folate: 61.79µg (15.45%), Selenium: 10.52µg (15.03%), Potassium: 493.46mg (14.1%), Vitamin B2: 0.23mg (13.79%), Vitamin C: 9.87mg (11.97%), Magnesium: 47.49mg (11.87%), Iron: 2.13mg (11.83%), Copper: 0.19mg (9.34%), Phosphorus: 88.48mg (8.85%), Vitamin A: 431.55IU (8.63%), Calcium: 85.34mg (8.53%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.71mg (4.77%), Vitamin K: 4.02µg (3.83%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.15µg (2.51%)