



Banana-Curry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

77 kcal

SAUCE

Ingredients

- ☐ 2 small bananas ripe quartered
- ☐ 1.8 teaspoons curry powder
- ☐ 1 garlic clove halved
- ☐ 1.5 teaspoons honey
- ☐ 0.8 cup low-salt chicken broth
- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon rice vinegar
- ☐ 1 Dash salt

- ☐ 1 shallots quartered
- ☐ 0.3 cup vidalia sweet chopped

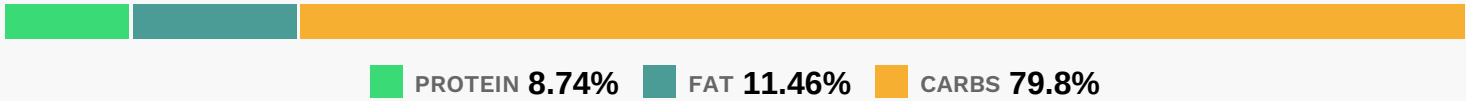
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add onion, bananas, shallot, and garlic; saut 2 minutes.
- ☐ Add curry powder, and saut 30 seconds.
- ☐ Add chicken broth, and simmer 5 minutes, stirring occasionally.
- ☐ Place onion mixture, vinegar, honey, and salt in a blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:55.51, Glycemic Load:7.05, Inflammation Score:-2, Nutrition Score:3.7704347760781%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 76.81kcal (3.84%), Fat: 1.07g (1.65%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 14.86g (5.4%), Sugar: 9.4g (10.45%), Cholesterol: 0mg (0%), Sodium: 25.8mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin B6: 0.24mg (12.22%), Manganese: 0.22mg (10.83%), Potassium: 269.58mg (7.7%), Fiber: 1.91g (7.66%), Vitamin C: 5.72mg (6.93%), Vitamin B3: 1.01mg (5.03%), Magnesium: 18.79mg (4.7%), Copper: 0.08mg (4.18%), Folate: 15.95µg (3.99%), Phosphorus: 35.3mg (3.53%), Iron: 0.61mg (3.4%), Vitamin B2: 0.06mg (3.39%), Vitamin E: 0.32mg (2.13%), Vitamin B5: 0.2mg (2.03%), Vitamin B1:

0.03mg (1.81%), Calcium: 14.56mg (1.46%), Vitamin K: 1.52µg (1.45%), Zinc: 0.21mg (1.39%), Selenium: 0.93µg (1.32%)