



Banana Dessert Wraps

READY IN



40 min.

SERVINGS



4

CALORIES



723 kcal

DESSERT

Ingredients

- ☐ 20 inches banana firm ripe
- ☐ 12 oz mrs richardson's butterscotch caramel sauce hot
- ☐ 0.5 cup coconut or
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 1 pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup sugar

- ☐ 1 cup whipped cream

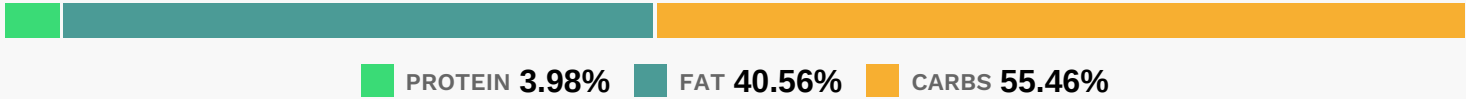
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 350°F.
- ☐ Spread coconut and pecans separately on cookie sheet.
- ☐ Bake 5 to 8 minutes, stirring occasionally, until light golden brown; set aside.
- ☐ Increase oven temperature to 450°F.
- ☐ Remove pie crust from pouch; unroll on work surface. With rolling pin, roll crust until 12 inches in diameter.
- ☐ In small bowl, mix sugar, cinnamon and nutmeg. Reserve 1 tablespoon sugar mixture; sprinkle remaining sugar mixture evenly over crust.
- ☐ Cut crust into 4 wedge-shaped pieces.
- ☐ Place 1 banana lengthwise on each crust wedge, about 3/4 inch from curved edge (if banana is too long, trim ends so it fits within crust, at least 1/4 inch from each edge). Push about 1 rounded tablespoon chocolate chips, points first, into top and sides of each banana.
- ☐ Bring curved edge and point of each crust wedge up over banana to meet; pinch seam and ends to seal, shaping crust around banana.
- ☐ Sprinkle tops of wrapped bananas with reserved 1 tablespoon sugar mixture; place on ungreased cookie sheet.
- ☐ Bake 10 to 14 minutes or until golden brown. Immediately remove from cookie sheet. Cool 5 minutes.
- ☐ To serve, drizzle or spread about 2 tablespoons warm caramel topping on each dessert plate. Top each with baked banana, whipped cream and if desired, additional caramel topping.
- ☐ Sprinkle coconut and pecans over top of each.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:70.22, Glycemic Load:14.89, Inflammation Score:-4, Nutrition Score:12.24652167766%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 723.34kcal (36.17%), Fat: 33.75g (51.92%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 103.81g (34.6%), Net Carbohydrates: 98.62g (35.86%), Sugar: 76.21g (84.68%), Cholesterol: 15.42mg (5.14%), Sodium: 494.04mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 7.46g (14.92%), Manganese: 1.28mg (63.85%), Copper: 0.45mg (22.33%), Fiber: 5.19g (20.76%), Phosphorus: 189.68mg (18.97%), Magnesium: 65.14mg (16.29%), Vitamin B1: 0.24mg (15.74%), Iron: 2.73mg (15.19%), Calcium: 115.72mg (11.57%), Vitamin B2: 0.19mg (11.2%), Potassium: 386.77mg (11.05%), Zinc: 1.57mg (10.47%), Folate: 41.35µg (10.34%), Selenium: 7.12µg (10.17%), Vitamin B3: 1.61mg (8.07%), Vitamin B5: 0.73mg (7.34%), Vitamin B6: 0.12mg (6.17%), Vitamin B12: 0.31µg (5.15%), Vitamin A: 240.02IU (4.8%), Vitamin K: 4.92µg (4.69%), Vitamin E: 0.66mg (4.39%), Vitamin C: 2.22mg (2.69%)