



Banana Flavored Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



54 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 cups bananas ripe mashed
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon fresh

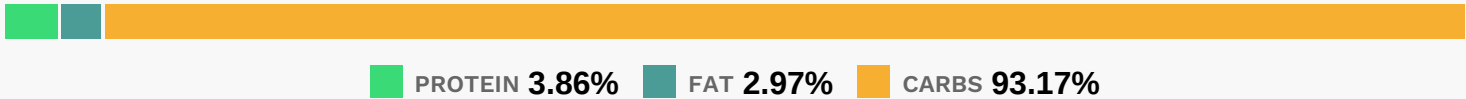
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine all ingredients in a blender and puree until smooth.
- ☐ Heat to a boiling in a saucepan and simmer slowly, till mixture is thickened.
- ☐ Serve warm over pancakes or cool and serve as a jam.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:5.54, Inflammation Score:-1, Nutrition Score:2.4273912926083%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 53.81kcal (2.69%), Fat: 0.2g (0.3%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.52g (4.55%), Sugar: 8.22g (9.14%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Vitamin B6: 0.19mg (9.38%), Vitamin C: 6.97mg (8.45%), Manganese: 0.14mg (6.92%), Potassium: 188.79mg (5.39%), Fiber: 1.33g (5.32%), Magnesium: 14.16mg (3.54%), Folate: 11.41µg (2.85%), Vitamin B2: 0.04mg (2.21%), Copper: 0.04mg (2.07%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.34mg (1.71%), Phosphorus: 11.71mg (1.17%), Vitamin B1: 0.02mg (1.15%)