



Banana Fritters on a Stick

READY IN



30 min.

SERVINGS



4

CALORIES



854 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bananas halved ()
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 2 cups bread crumbs (recommended: Japanese Panko)
- ☐ 2 eggs
- ☐ 0.5 cup milk
- ☐ 1 cup milk
- ☐ 4 tablespoons peanut butter
- ☐ 0.1 teaspoon vanilla extract
- ☐ 4 servings vegetable oil for frying

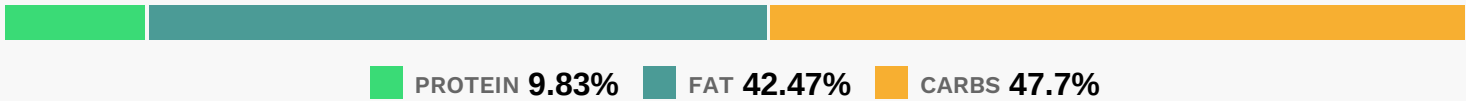
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ skewers
- ☐ popsicle sticks

Directions

- ☐ Skewer the bananas with popsicle sticks.
- ☐ Whisk the egg and then whisk in the milk. Dip each banana in the egg then toss in the bread crumbs to coat. Repeat the process to create a second coating.
- ☐ Heat oil to 365 degrees and drop in the bananas, moving them around to brown evenly on all sides.
- ☐ Place on paper towels to drain.
- ☐ Dipping Sauce: Scald milk in a medium saucepan and transfer to a bowl containing chopped chocolate, gently stirring until chocolate is completely melted.
- ☐ Add vanilla and whisk in peanut butter until smooth.
- ☐ Dust the banana fritters with confectioners' sugar.
- ☐ Drizzle chocolate peanut butter sauce over bananas or use as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:15.07, Inflammation Score:-8, Nutrition Score:30.831738969554%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg,

Kaempferol: 0.13mg 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: 853.6kcal (42.68%), Fat: 40.97g (63.03%), Saturated Fat: 17.71g (110.67%), Carbohydrates: 103.51g (34.5%), Net Carbohydrates: 92.71g (33.71%), Sugar: 44.74g (49.71%), Cholesterol: 96.22mg (32.07%), Sodium: 536.79mg (23.34%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Caffeine: 48.76mg (16.25%), Protein: 21.34g (42.68%), Manganese: 1.81mg (90.54%), Copper: 1.02mg (51.07%), Magnesium: 195.55mg (48.89%), Phosphorus: 452.7mg (45.27%), Vitamin B1: 0.66mg (43.94%), Fiber: 10.8g (43.21%), Selenium: 28.7µg (41%), Iron: 7.16mg (39.78%), Vitamin B3: 7.08mg (35.42%), Vitamin B2: 0.59mg (34.65%), Vitamin B6: 0.68mg (34.1%), Potassium: 1107.8mg (31.65%), Calcium: 272.59mg (27.26%), Folate: 105.48µg (26.37%), Zinc: 3.53mg (23.52%), Vitamin B5: 1.71mg (17.1%), Vitamin E: 2.46mg (16.39%), Vitamin B12: 0.98µg (16.35%), Vitamin K: 13.77µg (13.12%), Vitamin C: 10.27mg (12.44%), Vitamin D: 1.45µg (9.64%), Vitamin A: 370.9IU (7.42%)