



Banana-Mango Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 5 cups banana sliced (6 bananas)
- ☐ 6 tablespoons brown sugar
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 3 tablespoons crystallized ginger chopped
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups mangos peeled chopped (3 mangos)
- ☐ 0.8 cup regular oats

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut or sweetened flaked toasted

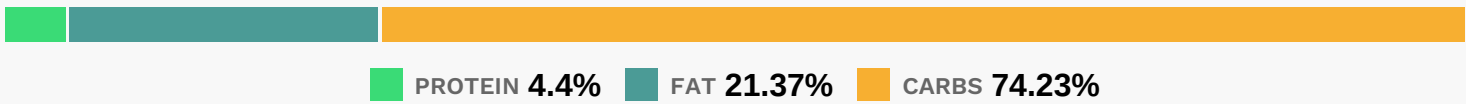
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients in an 11 x 7-inch baking dish coated with cooking spray. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, coconut, sugar, ginger, and salt in a bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add 1/3 cup oat mixture to banana mixture, stirring gently to combine.
- ☐ Sprinkle remaining oat mixture over banana mixture.
- ☐ Bake at 375 for 30 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:18.57, Inflammation Score:-7, Nutrition Score:10.505652112805%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 6.78mg, Catechin: 6.78mg, Catechin: 6.78mg, Catechin: 6.78mg Epicatechin:

0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 289.03kcal (14.45%), Fat: 6.82g (10.5%), Saturated Fat: 4.35g (27.21%), Carbohydrates: 53.32g (17.77%), Net Carbohydrates: 48.49g (17.63%), Sugar: 33.53g (37.25%), Cholesterol: 11.29mg (3.76%), Sodium: 126.82mg (5.51%), Alcohol: 2.51g (100%), Alcohol %: 1.6% (100%), Protein: 3.16g (6.32%), Vitamin C: 30.68mg (37.19%), Manganese: 0.65mg (32.65%), Vitamin B6: 0.43mg (21.63%), Fiber: 4.83g (19.31%), Vitamin A: 860.68IU (17.21%), Potassium: 503.84mg (14.4%), Folate: 55.34µg (13.84%), Magnesium: 46.48mg (11.62%), Copper: 0.2mg (9.93%), Selenium: 5.85µg (8.35%), Vitamin B1: 0.11mg (7.57%), Vitamin B2: 0.13mg (7.41%), Phosphorus: 71.9mg (7.19%), Vitamin B3: 1.4mg (7.02%), Vitamin B5: 0.56mg (5.62%), Iron: 1mg (5.53%), Vitamin E: 0.81mg (5.38%), Zinc: 0.55mg (3.66%), Vitamin K: 3.6µg (3.43%), Calcium: 25.39mg (2.54%)