



Banana Manna



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 4 bananas cut into pieces
- ☐ 1 oz g brown sugar / demerara sugar
- ☐ 0 z/ 15g butter
- ☐ 1.5 oz g coconut freshly grated
- ☐ 1 tsp ground cinnamon
- ☐ 1 handful a mix of and milk dark

Equipment

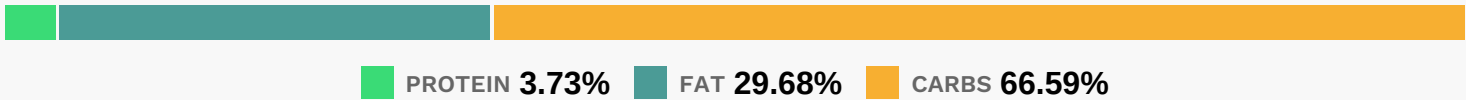
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat a pan.
- ☐ Add the butter.
- ☐ Add the coconut to the pan and keep stirring until golden brown, fragrant and toasted. About 3-4 minutes. Make sure you stir it constantly; else it will stick to the pan and burn.
- ☐ Add the sugar followed by the cinnamon and keep stirring. Once the sugar melts a little into the coconut mixture, add the bananas. Stir gently to coat the bananas with the coconut and turn off the heat immediately.
- ☐ Transfer to a bowl and sprinkle with the chocolate chips.

Nutrition Facts



Properties

Glycemic Index:54.89, Glycemic Load:26.13, Inflammation Score:-5, Nutrition Score:15.08565212932%

Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 410.15kcal (20.51%), Fat: 14.67g (22.57%), Saturated Fat: 12.58g (78.62%), Carbohydrates: 74.07g (24.69%), Net Carbohydrates: 63.76g (23.19%), Sugar: 44.3g (49.23%), Cholesterol: 0mg (0%), Sodium: 14.86mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Manganese: 1.46mg (72.88%), Vitamin B6: 0.94mg (46.92%), Fiber: 10.31g (41.24%), Potassium: 987.95mg (28.23%), Vitamin C: 20.9mg (25.34%), Magnesium: 85.09mg (21.27%), Copper: 0.37mg (18.27%), Folate: 49.44µg (12.36%), Vitamin B2: 0.19mg (11.47%), Vitamin B5: 0.99mg (9.85%), Phosphorus: 97.75mg (9.77%), Selenium: 6.53µg (9.33%), Vitamin B3: 1.74mg (8.68%), Iron: 1.53mg (8.53%), Vitamin B1: 0.09mg (5.78%), Zinc: 0.83mg (5.51%), Calcium: 43.63mg (4.36%), Vitamin A: 154.93IU (3.1%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.69µg (1.61%)