



## Banana Parfaits

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



274 kcal

### Ingredients

- 2 bananas
- 0.5 cup angel-flake coconut dried shredded sweetened
- 1 lime
- 1 pint mango sorbet

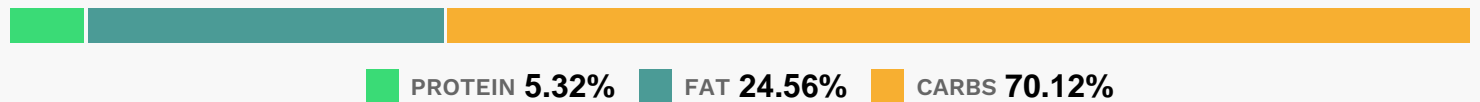
### Equipment

- bowl
- baking sheet
- oven
- slotted spoon

## Directions

- Preheat oven to 37
- Spread coconut on a baking sheet.
- Bake until toasty brown, 3 to 5 minutes (watch carefully, since coconut can burn quickly).
- Let cool.
- Peel bananas, cut into 1/4-in.-thick slices, and put slices in a bowl. Finely shred zest from the lime (shred just the green part, not the bitter white pith underneath) over the banana slices. Juice the lime and toss juice with banana slices.
- Divide 1/2 of the banana slices among 4 parfait glasses or small glass bowls, lifting bananas out of the lime juice with a fork or slotted spoon. Top bananas in each glass with 1/4 cup sorbet and sprinkle with 1 tbsp. coconut. Repeat to make a second layer in each parfait.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.69, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:5.4104348019413%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 274.34kcal (13.72%), Fat: 7.68g (11.81%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 43.33g (15.75%), Sugar: 30.74g (34.15%), Cholesterol: 0mg (0%), Sodium: 84.11mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Fiber: 5.98g (23.93%), Manganese: 0.45mg (22.61%), Vitamin B6: 0.26mg (12.78%), Vitamin C: 10.17mg (12.32%), Potassium: 286mg (8.17%), Copper: 0.14mg (7.07%), Magnesium: 26.5mg (6.62%), Phosphorus: 37.88mg (3.79%), Selenium: 2.62µg (3.75%), Folate: 14.1µg (3.52%), Iron: 0.61mg (3.37%), Vitamin B2: 0.06mg (3.36%), Vitamin B5: 0.32mg (3.18%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.32mg (2.14%), Vitamin B1: 0.03mg (1.98%), Calcium: 11.24mg (1.12%)