



Banana Royale



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients



6 bananas unpeeled



4.3 ounce bars chocolate-coated caramel-peanut nougat candy bars snickers® (such as)

Equipment



knife

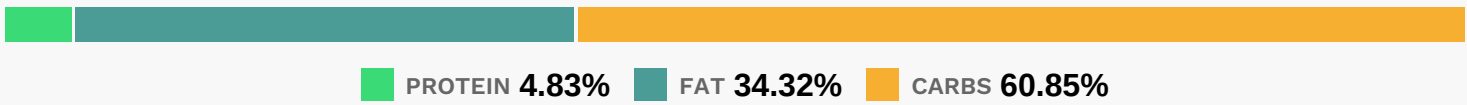


aluminum foil

Directions

- With a sharp knife, cut a lengthwise wedge out of each banana, slicing through the peel and almost through the banana. Carefully remove the wedge and set aside. Slice each candy bar into 3 slices the long way. Insert a slice of candy bar into the banana, then replace the wedge back over the candy, pushing the wedge back down. Repeat with remaining bananas; wrap the stuffed bananas tightly in aluminum foil.
- Roast the bananas in the coals of a campfire until the fruit is hot and the candy has melted, about 5 minutes. Unwrap the bananas, then remove peel from wedges and eat the bananas with spoons. Candy filling could be very hot, so use caution.

Nutrition Facts



Properties

Glycemic Index:12.96, Glycemic Load:14.7, Inflammation Score:-4, Nutrition Score:9.4008696156999%

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

Nutrients (% of daily need)

Calories: 227.08kcal (11.35%), Fat: 9.09g (13.99%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 30.98g (11.27%), Sugar: 19.29g (21.44%), Cholesterol: 0.61mg (0.2%), Sodium: 5.26mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.33mg (5.44%), Protein: 2.88g (5.75%), Manganese: 0.72mg (35.81%), Copper: 0.45mg (22.63%), Vitamin B6: 0.44mg (22.04%), Fiber: 5.29g (21.17%), Magnesium: 78.4mg (19.6%), Potassium: 568.38mg (16.24%), Iron: 2.74mg (15.2%), Vitamin C: 10.27mg (12.44%), Phosphorus: 88.83mg (8.88%), Vitamin B2: 0.1mg (6%), Folate: 23.6µg (5.9%), Zinc: 0.85mg (5.68%), Vitamin B3: 1mg (5%), Vitamin B5: 0.48mg (4.79%), Selenium: 2.57µg (3.67%), Vitamin B1: 0.04mg (2.9%), Calcium: 20.8mg (2.08%), Vitamin K: 2.08µg (1.98%), Vitamin A: 83.48IU (1.67%), Vitamin E: 0.24mg (1.59%)