



Banana Spring Rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large bananas
- ☐ 1 cup brown sugar to taste
- ☐ 1 quart oil for deep frying
- ☐ 8 7-inch you will also need: parchment paper (square)

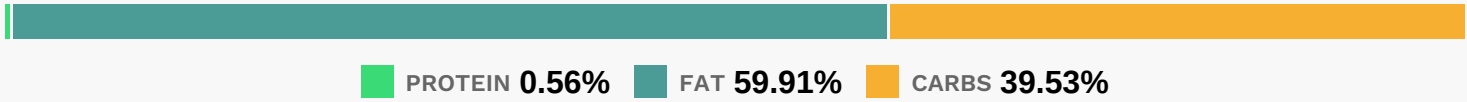
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Preheat the oil in a deep-fryer or large cast-iron skillet to 375 degrees F (190 degrees C).
- ☐ Peel bananas, and slice them in half lengthwise, then crosswise into fourths.
- ☐ Place one piece of banana diagonally across the corner of a spring roll wrapper, and sprinkle with brown sugar to taste.
- ☐ Roll from the corner to the center, then fold top and bottom corners in, and continue rolling. Dip your finger in water and brush the last edge to seal. Repeat with remaining banana pieces.
- ☐ Fry a few banana rolls at a time in the hot oil until evenly browned.
- ☐ Remove to paper towels to drain.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:3.76, Inflammation Score:-2, Nutrition Score:3.8534782373387%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 346.81kcal (17.34%), Fat: 23.79g (36.59%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 34.41g (12.51%), Sugar: 30.82g (34.25%), Cholesterol: 0.09mg (0.03%), Sodium: 13.76mg (0.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin E: 4.17mg (27.83%), Vitamin K: 17.04µg (16.23%), Vitamin B6: 0.14mg (6.82%), Manganese: 0.12mg (5.79%), Potassium: 159.12mg (4.55%), Fiber: 0.9g (3.61%), Vitamin C: 2.96mg (3.59%), Magnesium: 11.85mg (2.96%), Calcium: 25mg (2.5%), Copper: 0.04mg (2.05%), Folate: 7.93µg (1.98%), Iron: 0.32mg (1.76%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.15mg (1.5%), Selenium: 0.95µg (1.36%), Vitamin B1: 0.02mg (1.05%)