



Bananas and Ginger en Papillotte



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 4 large bananas firm
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons butter melted
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon
- ☐ 1 teaspoon orange rind grated
- ☐ 2 teaspoons pistachios chopped

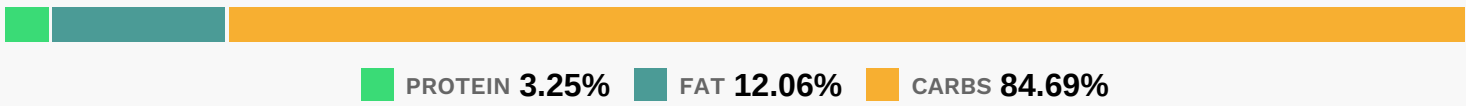
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a bowl.
- ☐ Slice each banana in half lengthwise; slice in half crosswise.
- ☐ Cut 4 (10-inch) circles of parchment paper. Fold each circle in half; open each.
- ☐ Place 4 pieces of banana near fold; top with 1 tablespoon juice mixture. Fold paper over filling; seal edges with narrow folds. Repeat procedure with remaining ingredients.
- ☐ Place packets on baking sheets.
- ☐ Bake at 350 for 5 minutes or until packets are slightly puffy and contents are thoroughly heated.
- ☐ Place on plates; cut open.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.51, Glycemic Load:19.6, Inflammation Score:-4, Nutrition Score:6.868695601497%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 8.33mg, Catechin: 8.33mg, Catechin: 8.33mg, Catechin: 8.33mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg

0.16mg, Naringenin: 0.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg
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: 202.46kcal (10.12%), Fat: 2.96g (4.55%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 46.77g (15.59%), Net
Carbohydrates: 43.02g (15.64%), Sugar: 31.4g (34.89%), Cholesterol: 5.38mg (1.79%), Sodium: 19.7mg (0.86%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin B6: 0.53mg (26.38%), Vitamin C: 16.99mg
(20.59%), Manganese: 0.39mg (19.67%), Fiber: 3.75g (15.01%), Potassium: 524.85mg (15%), Magnesium: 39.62mg
(9.91%), Folate: 30.48µg (7.62%), Copper: 0.13mg (6.43%), Vitamin B2: 0.11mg (6.35%), Vitamin B5: 0.49mg (4.95%),
Vitamin B3: 0.95mg (4.77%), Phosphorus: 37.17mg (3.72%), Vitamin B1: 0.05mg (3.62%), Vitamin A: 156.44IU
(3.13%), Iron: 0.49mg (2.75%), Selenium: 1.63µg (2.33%), Zinc: 0.26mg (1.74%), Vitamin E: 0.24mg (1.57%), Calcium:
15.58mg (1.56%)