



## Bananas Baked in Phyllo with Date-Sweetened Chocolate Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

### Ingredients

- 1 teaspoon smooth almond butter raw
- 4 medium banana ripe
- 4 tablespoons topping (recipe below)
- 4 servings cinnamon
- 1 teaspoons cocoa powder
- 4 medjool dates pitted chopped
- 1 tablespoon walnut pieces crushed chopped

0.5 cup water boiling

## Equipment

oven

baking pan

cutting board

## Directions

Remove one sheet and place it on a cutting board or other work surface.

Place one peeled banana along one of the narrow ends,

Sprinkle the dough evenly with a fourth of the walnuts.

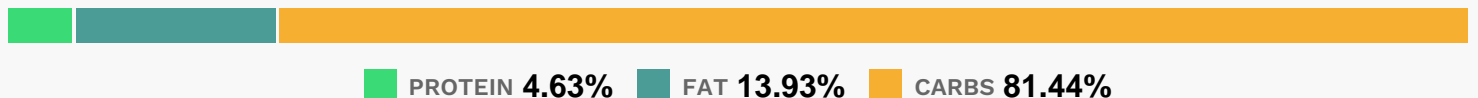
Sprinkle the banana with a dusting of cinnamon and then roll it up in the phyllo.

Place it seam-side down in the baking dish. (If making in single-serving dishes, cut wrapped banana in half and place halves in dish side by side.) Repeat with remaining bananas. Give the tops of the wrapped bananas a quick (1/2 second) spray with canola oil.

Bake for 20–30 minutes, until tops are golden brown and bananas have begun to sizzle and release a syrup. To serve, cut bananas in half and place two halves on each plate, along with some of the banana syrup from the baking dish.

Drizzle with about a tablespoon of Chocolate Sauce. For best results, serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.94, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:10.156521670196%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 267.54kcal (13.38%), Fat: 4.5g (6.92%), Saturated Fat: 1.12g (7%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 52.52g (19.1%), Sugar: 37.13g (41.25%), Cholesterol: 0.19mg (0.06%), Sodium: 69.03mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Manganese: 0.93mg (46.55%), Fiber: 6.66g (26.64%), Vitamin B6: 0.51mg (25.74%), Potassium: 676.23mg (19.32%), Magnesium: 64.12mg (16.03%), Copper: 0.32mg (15.87%), Vitamin C: 10.41mg (12.62%), Vitamin B2: 0.13mg (7.93%), Folate: 31.27µg (7.82%), Phosphorus: 77.39mg (7.74%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.64mg (6.36%), Iron: 1.09mg (6.04%), Calcium: 58.6mg (5.86%), Vitamin B1: 0.06mg (4.31%), Zinc: 0.62mg (4.1%), Selenium: 1.87µg (2.67%), Vitamin A: 118.07IU (2.36%), Vitamin K: 2.41µg (2.3%)