



Bananas with mango & passion fruit caramel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



610 kcal

SIDE DISH

Ingredients

- ☐ 1 juice of orange
- ☐ 200 g golden caster sugar
- ☐ 4 passion fruits ripe
- ☐ 1 medium mangos ripe peeled thinly sliced
- ☐ 4 large bananas firm
- ☐ 1 large lime zest grated

Equipment

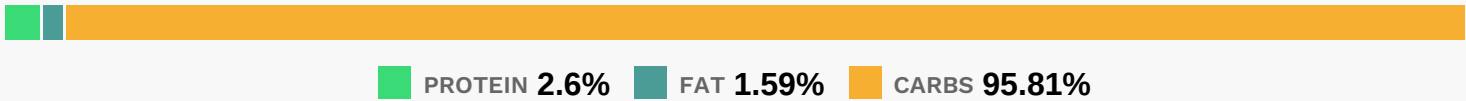
- ☐ bowl

☐ frying pan

Directions

- ☐ In a small pan, bring the orange juice and 140g/5oz of the sugar slowly to the boil.
- ☐ Cut the passion fruit in half and scoop the pulp into the pan. Stir in the mango slices and when the mixture has reached boiling point again, remove the pan from the heat.
- ☐ Peel the bananas and slice each one diagonally into five.
- ☐ Pour the lime juice over the banana slices and set aside.
- ☐ Sprinkle the remaining sugar evenly over the base of a large heavy-based frying pan.
- ☐ Place the pan over a medium heat until the sugar has dissolved and turned into a golden caramel. Toss the bananas into the pan and leave for 3–4 minutes, turning once.
- ☐ Turn the heat down and stir in the passion fruit and mango mixture.
- ☐ Heat for a further 2 minutes then spoon into bowls.
- ☐ Serve warm with a sprinkling of lime zest. Can be made up to a day ahead and chilled, then gently reheated before serving.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:19.85, Inflammation Score:-9, Nutrition Score:18.245652105497%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 8.99mg, Hesperetin: 8.99mg, Hesperetin: 8.99mg, Hesperetin: 8.99mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 610.36kcal (30.52%), Fat: 1.16g (1.78%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 157.06g (52.35%),
Net Carbohydrates: 145g (52.73%), Sugar: 124.35g (138.17%), Cholesterol: 0mg (0%), Sodium: 38.86mg (1.69%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 52.94mg (64.17%), Fiber: 12.06g
(48.25%), Vitamin A: 2044.35IU (40.89%), Vitamin B6: 0.67mg (33.32%), Potassium: 1087.91mg (31.08%),
Manganese: 0.56mg (27.84%), Copper: 0.54mg (27.1%), Vitamin K: 23.67µg (22.54%), Magnesium: 71.55mg
(17.89%), Folate: 64.79µg (16.2%), Vitamin B3: 3.16mg (15.82%), Vitamin B2: 0.23mg (13.81%), Iron: 2.32mg (12.87%),
Phosphorus: 98.73mg (9.87%), Vitamin B5: 0.87mg (8.72%), Vitamin B1: 0.13mg (8.61%), Calcium: 83.67mg (8.37%),
Zinc: 0.7mg (4.64%), Vitamin E: 0.64mg (4.3%), Selenium: 2.35µg (3.36%)