

Brazilian Bananas



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 6 medium bananas halved lengthwise
- ☐ 2 tablespoons butter
- ☐ 1 cup coconut or flaked
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar white

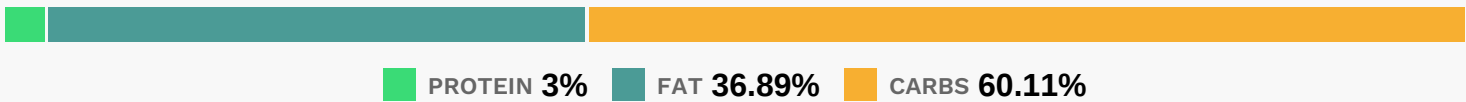
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Butter a 9x13 inch baking dish.
- ☐ Place the bananas into the baking dish.
- ☐ Combine the orange juice, lemon juice, sugar and salt in a pitcher or bowl; pour over the bananas. Dot with butter.
- ☐ Bake for 15 minutes in the preheated oven.
- ☐ Sprinkle with coconut before serving.

Nutrition Facts



Properties

Glycemic Index:18.91, Glycemic Load:12.89, Inflammation Score:-2, Nutrition Score:4.4300000502363%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 153kcal (7.65%), Fat: 6.71g (10.32%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 21.88g (7.96%), Sugar: 16.94g (18.82%), Cholesterol: 5.02mg (1.67%), Sodium: 42.64mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Manganese: 0.36mg (17.79%), Vitamin C: 10.89mg (13.2%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.71g (10.85%), Potassium: 272.37mg (7.78%), Magnesium: 23.56mg (5.89%), Copper: 0.11mg (5.39%), Folate: 15.86µg (3.96%), Vitamin B2: 0.06mg (3.28%), Phosphorus: 29.99mg (3%), Selenium: 1.99µg (2.84%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.48mg (2.39%), Vitamin A: 116.81IU (2.34%), Iron: 0.42mg (2.31%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.24mg (1.6%)