

# Campfire Banana Splits



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



6

CALORIES



626 kcal

DESSERT

## Ingredients

- 6 large banana unpeeled
- 10.5 ounce marshmallows miniature
- 2 cups semi chocolate chips

## Equipment

- grill
- aluminum foil

## Directions

- Preheat the grill for high heat.
- Spray 4 sheets of aluminum foil, large enough to wrap bananas, with cooking spray.
- Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later.
- Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired.
- Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon.

## Nutrition Facts

 **PROTEIN 3.74%**  **FAT 32.73%**  **CARBS 63.53%**

## Properties

Glycemic Index:19.21, Glycemic Load:39.42, Inflammation Score:-6, Nutrition Score:15.260000270346%

## Flavonoids

Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 626.21kcal (31.31%), Fat: 23.53g (36.21%), Saturated Fat: 13.4g (83.74%), Carbohydrates: 102.79g (34.26%), Net Carbohydrates: 94.41g (34.33%), Sugar: 67.19g (74.66%), Cholesterol: 3.6mg (1.2%), Sodium: 47.05mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.6mg (17.2%), Protein: 6.05g (12.09%), Manganese: 1.17mg (58.31%), Copper: 0.9mg (45.15%), Magnesium: 143.31mg (35.83%), Fiber: 8.39g (33.54%), Vitamin B6: 0.52mg (26.05%), Potassium: 829.56mg (23.7%), Iron: 4.26mg (23.67%), Phosphorus: 189.89mg (18.99%), Vitamin C: 11.83mg (14.34%), Zinc: 1.81mg (12.09%), Selenium: 7.24µg (10.35%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.45mg (7.23%), Folate: 27.7µg (6.92%), Vitamin B5: 0.64mg (6.37%), Vitamin K: 5µg (4.76%), Calcium: 45.49mg (4.55%), Vitamin B1: 0.06mg (4.12%), Vitamin E: 0.49mg (3.27%), Vitamin A: 117.04IU (2.34%), Vitamin B12: 0.11µg (1.8%)