



Campfire S'mores Banana Boats

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



245 kcal

DESSERT

Ingredients

- 4 banana
- 0.5 cup chocolate chips
- 0.5 cup marshmallows miniature
- 0.5 cup golden beets crushed

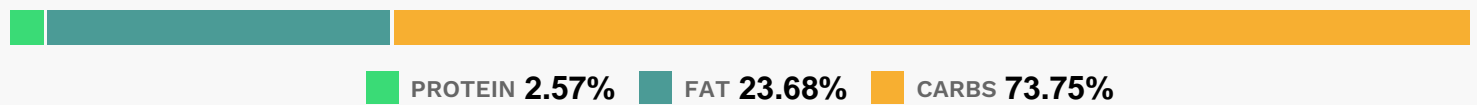
Equipment

- aluminum foil
- tongs

Directions

- Cut 4 (12-inch) sheets of foil.
- Make deep lengthwise cut along inside curve of each banana, being careful not to cut all the way through. Open slit to form pocket.
- Fill each banana with 2 tablespoons chocolate chips, 2 tablespoons marshmallows and 2 tablespoons cereal.
- Wrap each banana in foil, making sure that foil opening is on top. Using tongs, set wrapped bananas in coals of campfire; cook 8 to 10 minutes. Carefully remove from fire; peel back foil.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:16.86, Inflammation Score:-3, Nutrition Score:6.1252173496329%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 244.71kcal (12.24%), Fat: 6.86g (10.55%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 44.53g (16.19%), Sugar: 32g (35.56%), Cholesterol: 0mg (0%), Sodium: 19.44mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin B6: 0.44mg (22.23%), Manganese: 0.38mg (18.75%), Potassium: 542.29mg (15.49%), Fiber: 3.55g (14.2%), Vitamin C: 11.1mg (13.45%), Folate: 42.19µg (10.55%), Magnesium: 35.9mg (8.97%), Copper: 0.11mg (5.54%), Vitamin B2: 0.09mg (5.47%), Vitamin B3: 0.85mg (4.23%), Vitamin B5: 0.42mg (4.21%), Phosphorus: 33.26mg (3.33%), Vitamin B1: 0.04mg (2.79%), Iron: 0.46mg (2.54%), Calcium: 24.88mg (2.49%), Selenium: 1.41µg (2.01%), Vitamin A: 81.13IU (1.62%), Zinc: 0.24mg (1.59%)