



## Caramel-Banana Pockets

READY IN



26 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 1 cup bananas finely chopped
- 8 teaspoons canola oil divided
- 4 tablespoons caramel topping fat-free divided (such as Smucker's)
- 1.5 teaspoons cornstarch
- 0.3 teaspoon ground cinnamon
- 2 teaspoons powdered sugar
- 1 tablespoon water
- 12 wonton wrappers

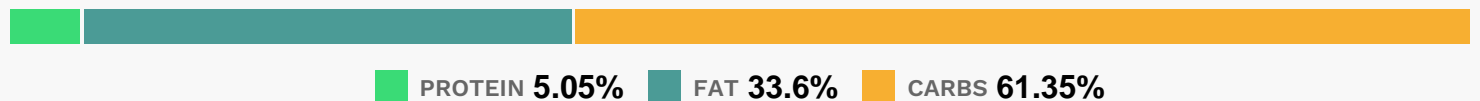
## Equipment

- bowl
- frying pan
- wire rack

## Directions

- Combine cornstarch and water in a small bowl, stirring well.
- Combine banana, 1 tablespoon caramel topping, and cinnamon in a small bowl, stirring well. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep from drying), moisten edges of each wonton wrapper with cornstarch mixture.
- Place about 2 teaspoons banana mixture in center of each wrapper; fold in half to close, forming a rectangle. Press edges to seal.
- Heat 4 teaspoons oil in a large nonstick skillet over medium-high heat.
- Place 6 pockets in pan; cook 3 to 4 minutes on each side or until golden.
- Remove from pan, and cool on a wire rack. Repeat procedure with remaining oil and pockets. Dust with powdered sugar; serve with remaining 3 tablespoons caramel topping.

## Nutrition Facts



## Properties

Glycemic Index:9.96, Glycemic Load:2.77, Inflammation Score:-1, Nutrition Score:3.2726087077804%

## Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 5.64g (8.68%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.21g (8.07%), Sugar: 11.3g (12.56%), Cholesterol: 1.35mg (0.45%), Sodium: 131.71mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Manganese: 0.18mg (9.24%), Selenium: 4.67µg (6.68%), Vitamin E: 0.97mg (6.45%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 0.98mg (4.9%), Vitamin B6: 0.1mg

(4.82%), Folate: 18.17µg (4.54%), Vitamin B2: 0.08mg (4.42%), Fiber: 0.97g (3.88%), Vitamin K: 3.95µg (3.77%), Iron: 0.58mg (3.21%), Potassium: 110.99mg (3.17%), Vitamin C: 2.24mg (2.72%), Magnesium: 10.51mg (2.63%), Phosphorus: 22.97mg (2.3%), Copper: 0.04mg (2.13%), Calcium: 15.76mg (1.58%), Vitamin B5: 0.11mg (1.09%)