



Caramel Banana Taquitos

READY IN



30 min.

SERVINGS



8

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large banana
- 8 servings canola oil for frying
- 0.5 cup coconut or shredded divided
- 0.3 cup decaf coffee brewed
- 13.4 ounce dulce de leche divided canned
- 8 small flour tortillas
- 1 cup chocolate fudge topping

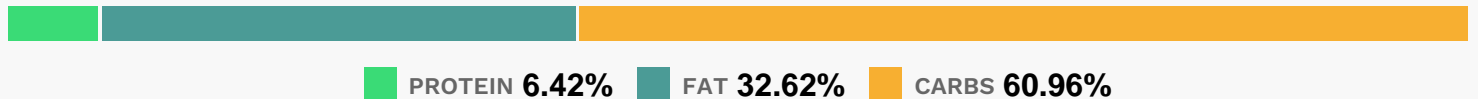
Equipment

- frying pan
- paper towels
- toothpicks
- microwave

Directions

- Wrap the tortillas in a damp paper towel and microwave on high for 45 seconds.
- Cut the banana in half crosswise. Slice each half lengthwise into quarters, forming about 3-inch sticks.
- Lay the flour tortillas on a flat surface.
- Spread a thin layer (about 1 tablespoon) dulce de leche over the tortillas, leaving 1/2-inch border around the edge.
- Sprinkle with 1 tablespoon coconut.
- Place a banana stick at the edge, roll up the tortilla and secure closed with a toothpick. Repeat with the remaining bananas and tortillas.
- In a large skillet, add enough canola oil to come 1/2 inch up the side of the pan and heat over medium-high heat (the oil should be at 350 degrees F). Working in batches, place the tortilla rolls seam-side down in the oil and fry until golden brown, 1 to 2 minutes per side.
- Remove from the oil and drain on a paper towel-lined plate or sheet pan.
- Stir together the hot coffee with the chocolate sauce.
- Remove the toothpicks from the taquitos, drizzle with some of the chocolate sauce and serve with remaining chocolate sauce on the side.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:6.9186956357697%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 282.38kcal (14.12%), Fat: 10.31g (15.86%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 40.35g (14.67%), Sugar: 16.72g (18.58%), Cholesterol: 0.38mg (0.13%), Sodium: 353.6mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Manganese: 0.41mg (20.6%), Fiber: 3.01g (12.02%), Selenium: 8.25µg (11.78%), Vitamin B1: 0.17mg (11.49%), Phosphorus: 108.12mg (10.81%), Vitamin E: 1.52mg (10.12%), Copper: 0.2mg (9.95%), Iron: 1.75mg (9.74%), Folate: 34.42µg (8.61%), Vitamin B3: 1.58mg (7.89%), Magnesium: 31.4mg (7.85%), Vitamin B2: 0.13mg (7.8%), Potassium: 228.08mg (6.52%), Calcium: 64.12mg (6.41%), Vitamin K: 5.21µg (4.96%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.56mg (3.71%), Vitamin C: 1.72mg (2.08%), Vitamin B5: 0.17mg (1.66%)