



Caramelized Chocolate, Banana, and Marshmallow Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices banana
- ☐ 4 slices bread
- ☐ 2 tablespoons t brown sugar dark packed ()
- ☐ 8 large marshmallows whole
- ☐ 2 tablespoons semi chocolate chips
- ☐ 2 tablespoons butter unsalted room temperature

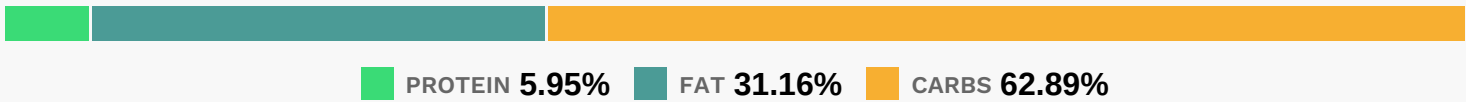
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

Directions

- ☐ Mix butter and sugar in small bowl to blend.
- ☐ Spread on one side of bread slices.
- ☐ Place 2 slices, buttered side down, on plate. Skewer 4 marshmallows on each of 2 skewers; hold skewers over open flame and toast until marshmallows are blackened in spots, about 10 seconds. Divide marshmallows between bread slices on plate, leaving 1-inch border.
- ☐ Sprinkle chocolate chips over marshmallows, dividing equally. Top with banana. Cover with remaining bread, buttered side up, pressing slightly.
- ☐ Heat large nonstick skillet over medium-high heat.
- ☐ Add sandwiches; cook until brown, about 1 1/2 minutes per side.
- ☐ Transfer sandwiches to work surface; cool 1 minute.
- ☐ Cut diagonally in half and serve.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:19.33, Inflammation Score:-4, Nutrition Score:7.3643477934858%

Flavonoids

Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 280.38kcal (14.02%), Fat: 10.01g (15.39%), Saturated Fat: 5.5g (34.41%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 42.47g (15.44%), Sugar: 24.1g (26.78%), Cholesterol: 15.5mg (5.17%), Sodium: 147.32mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.3g (8.59%), Manganese: 0.57mg (28.4%), Selenium: 9.55µg (13.65%), Fiber: 2.98g (11.93%), Vitamin B6: 0.21mg (10.64%), Vitamin B3: 1.97mg (9.84%), Magnesium: 38.6mg (9.65%), Copper: 0.19mg (9.5%), Iron: 1.68mg (9.35%), Vitamin B1: 0.13mg (8.86%), Folate:

33.81µg (8.45%), Potassium: 264.2mg (7.55%), Phosphorus: 69.22mg (6.92%), Vitamin B2: 0.11mg (6.58%), Vitamin C: 4.23mg (5.13%), Calcium: 49.13mg (4.91%), Vitamin B5: 0.43mg (4.29%), Vitamin A: 209.96IU (4.2%), Zinc: 0.58mg (3.84%), Vitamin K: 2.64µg (2.52%), Vitamin E: 0.31mg (2.05%)