



Chocolate baked bananas

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 4 banana ripe
- ☐ 64 g chocolate
- ☐ 4 servings whipped cream

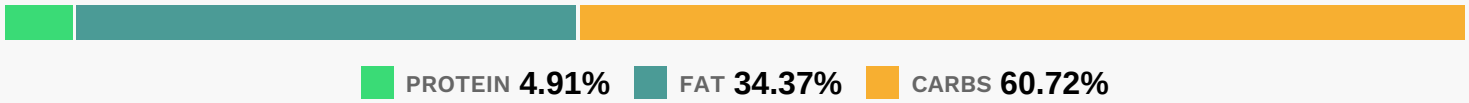
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 (or a BBQ). Make a slit through the skin of the bananas along one side making sure you dont cut all the way through to the other side. Poke in the chocolate buttons along the cut. Put each banana onto a sheet of foil and crimp the edges together to seal into a parcel.
- ☐ Transfer to a baking sheet and cook for 25 mins until the bananas have turned black (or pop straight into the BBQ embers for 15 mins).
- ☐ Serve with a scoop of ice cream and any melted chocolate that has escaped!

Nutrition Facts



Properties

Glycemic Index:39.59, Glycemic Load:26.02, Inflammation Score:-5, Nutrition Score:9.079130374867%

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 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 322.76kcal (16.14%), Fat: 13.12g (20.19%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 47.73g (17.36%), Sugar: 36.62g (40.69%), Cholesterol: 29.04mg (9.68%), Sodium: 56.54mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.56mg (3.52%), Protein: 4.22g (8.44%), Vitamin B6: 0.47mg (23.58%), Manganese: 0.4mg (20.15%), Fiber: 4.41g (17.64%), Potassium: 600.18mg (17.15%), Vitamin B2: 0.28mg (16.64%), Magnesium: 59.18mg (14.8%), Vitamin C: 10.66mg (12.92%), Phosphorus: 118.78mg (11.88%), Copper: 0.2mg (9.95%), Calcium: 94.22mg (9.42%), Vitamin B5: 0.79mg (7.89%), Vitamin A: 353.38IU (7.07%), Folate: 27.38µg (6.84%), Zinc: 0.87mg (5.82%), Vitamin B3: 0.97mg (4.84%), Iron: 0.81mg (4.49%), Vitamin B1: 0.07mg (4.46%), Vitamin B12: 0.26µg (4.29%), Selenium: 2.82µg (4.02%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.8µg (1.71%)