



Chocolate Banana Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



180 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon almonds toasted chopped
- 1 small banana peeled cut into 6 slices
- 0.3 cup bittersweet chocolate chips
- 0.3 teaspoon olive oil

Equipment

- bowl
- microwave

Directions

- Microwave chocolate and oil in a large microwave-safe bowl on high, stirring every 15 seconds, until smooth (about 1 minute).
- Add the banana slices and roll until well-coated.
- Transfer to wax-paper-lined plate and sprinkle the almonds on top. Freeze until solid (about 2 hours).

Nutrition Facts

 **PROTEIN 5.84%**  **FAT 41.22%**  **CARBS 52.94%**

Properties

Glycemic Index:32.39, Glycemic Load:5.6, Inflammation Score:-2, Nutrition Score:4.7121739154277%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.55kcal (8.98%), Fat: 8.48g (13.05%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 22.15g (8.05%), Sugar: 13.9g (15.44%), Cholesterol: 0.22mg (0.08%), Sodium: 24.6mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin B6: 0.22mg (10.83%), Manganese: 0.2mg (10.11%), Potassium: 334.21mg (9.55%), Fiber: 2.36g (9.42%), Calcium: 74.74mg (7.47%), Magnesium: 25.78mg (6.45%), Zinc: 0.92mg (6.11%), Vitamin E: 0.86mg (5.73%), Vitamin B2: 0.09mg (5.53%), Vitamin C: 4.51mg (5.46%), Copper: 0.1mg (4.8%), Phosphorus: 46.67mg (4.67%), Folate: 15.48µg (3.87%), Vitamin B5: 0.34mg (3.44%), Vitamin B3: 0.62mg (3.12%), Vitamin B1: 0.04mg (2.75%), Iron: 0.48mg (2.67%), Selenium: 1.74µg (2.48%), Vitamin K: 2.29µg (2.18%), Vitamin B12: 0.06µg (1.05%)