



Chocolate-Dipped Frozen Banana Bites

READY IN



225 min.

SERVINGS



36

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bananas ripe peeled cut into 1/2-inch-thick slices
- ☐ 2 cups bittersweet chocolate chips
- ☐ 2 tablespoons canola oil
- ☐ 36 servings toppings) salted shredded sweetened assorted crushed toasted chopped for coating bananas (such as chocolate sandwich cookies, toffee bits, butterfinger candy bars, peanuts, or coconut

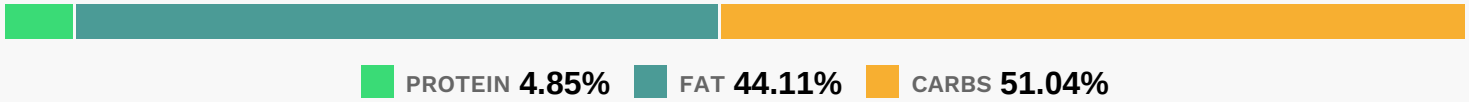
Equipment

- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Stir chocolate and oil in heavy smallsaucepan over low heat just until smooth.
- ☐ Let stand 15 minutes to cool.
- ☐ Place each topping in separate shallowdish. Line baking sheet with foil. Arrangebanana slices on foil. Using fingers,dip 1 banana slice in chocolate, coatingcompletely. Shake off excess chocolate.Drop dipped banana in 1 topping. Usingclean hand, sprinkle more topping overbanana to coat; transfer to foil-lined sheet.Repeat with remaining bananas, chocolate,and toppings. Freeze until firm, about 3hours, then serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:2.7313043086425%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.21kcal (6.11%), Fat: 6.11g (9.41%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.95g (5.44%), Sugar: 9.22g (10.25%), Cholesterol: 0.1mg (0.03%), Sodium: 54.77mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Iron: 1.53mg (8.48%), Manganese: 0.12mg (5.87%), Vitamin K: 4.48µg (4.27%), Vitamin E: 0.58mg (3.89%), Fiber: 0.96g (3.86%), Potassium: 125.02mg (3.57%), Calcium: 33.17mg (3.32%), Copper: 0.06mg (3.19%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.45mg (3.01%), Magnesium: 11.58mg (2.9%), Folate: 10.98µg (2.74%), Vitamin B6: 0.05mg (2.58%), Phosphorus: 25.3mg (2.53%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.46mg (2.32%), Selenium: 1.21µg (1.73%), Vitamin B5: 0.14mg (1.42%), Vitamin C: 0.91mg (1.1%)