



Chocolate Dipped Frozen Bananas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



12

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 large banana



3 tablespoons coconut oil



12 ounces chocolate dark melted



1.5 cups nuts coarsely chopped

Equipment



bowl



paper towels



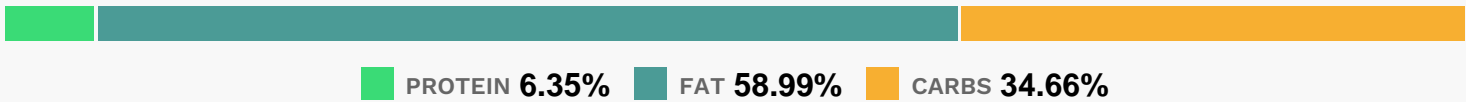
whisk

- ☐ baking pan
- ☐ popsicle sticks

Directions

- ☐ Slice bananas in half and carefully mount on Popsicle sticks.
- ☐ Place bananas on a tray, plate or baking dish in the freezer for 2 hours or until firm. You can freeze up to overnight. Do not cover bananas as this will cause ice crystals to form.
- ☐ In a medium bowl whisk together melted chocolate and coconut oil until thoroughly combined.
- ☐ Place nuts in a wide, shallow plate or pie plate (if using).
- ☐ Remove bananas from freezer. If ice crystals have formed on the bananas use a paper towel to gently brush them off. Dip banana in chocolate and swirl to cover. Alternately you can use a spoon to help cover and ensure even chocolate distribution.
- ☐ Roll bananas in chopped nuts.
- ☐ Let cool for 1 minute, Then place on a serving platter. If you don't plan on serving the bananas immediately, return them to the freezer for up to a few hours. If serving from freezer, place on plate and allow to thaw for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.79, Glycemic Load:10.69, Inflammation Score:-5, Nutrition Score:12.425652218902%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 366.13kcal (18.31%), Fat: 25.04g (38.52%), Saturated Fat: 11.15g (69.67%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 26.63g (9.68%), Sugar: 15.1g (16.77%), Cholesterol: 0.85mg (0.28%), Sodium: 8.51mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 6.06g (12.13%), Manganese: 1.08mg

(54.23%), Copper: 0.78mg (39.2%), Magnesium: 123.5mg (30.87%), Fiber: 6.48g (25.91%), Iron: 4.22mg (23.43%), Phosphorus: 180.58mg (18.06%), Potassium: 553.6mg (15.82%), Vitamin B6: 0.31mg (15.68%), Zinc: 1.73mg (11.5%), Vitamin B3: 1.6mg (7.99%), Vitamin C: 5.99mg (7.26%), Vitamin B2: 0.11mg (6.34%), Folate: 22.6µg (5.65%), Vitamin B5: 0.56mg (5.63%), Vitamin B1: 0.07mg (4.45%), Selenium: 2.61µg (3.73%), Calcium: 36.73mg (3.67%), Vitamin K: 2.43µg (2.31%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.08µg (1.32%), Vitamin A: 57.28IU (1.15%)