



## Coconut & Mango Yoghurt Fool with Chocolate Dipped Banana



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 banana sliced
- ☐ 100 g chocolate dark
- ☐ 6 tbsp desiccated coconut
- ☐ 2 tbsp icing sugar
- ☐ 300 g greek yoghurt
- ☐ 2 mangoes ripe
- ☐ 2 strawberries sliced

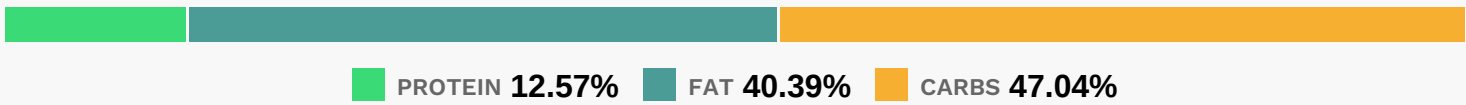
# Equipment

- ☐ baking sheet
- ☐ double boiler
- ☐ microwave

# Directions

- ☐ Melt the chocolate carefully over a bain marie or in a microwave. Dip the banana slices in the chocolate and lay on a lined baking sheet to set. Pop the tray in the fridge.
- ☐ Whizz the first mango until smooth with 2 tbsp icing sugar.
- ☐ Cut the flesh of the second mango into cubes.
- ☐ Mix the dessicated coconut into the Greek yoghurt.
- ☐ Now it's time to layer your dessert. First divide the mango puree between two pretty glasses, then top with the mango pieces, but reserve a few for decoration.
- ☐ Next add a layer of the coconut Greek yoghurt to each glass, then finish of with slices of strawberry, mango pieces and chocolate dipped banana. If you have some melted chocolate left, you can drizzle it over each dessert.
- ☐ Dig in and enjoy!

# Nutrition Facts



# Properties

Glycemic Index:84.76, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:33.525217387987%

# Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 701.17kcal (35.06%), Fat: 32.57g (50.1%), Saturated Fat: 21.25g (132.8%), Carbohydrates: 85.37g (28.46%), Net Carbohydrates: 72.38g (26.32%), Sugar: 61.97g (68.86%), Cholesterol: 9mg (3%), Sodium: 72.49mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40mg (13.33%), Protein: 22.8g (45.6%), Vitamin C: 87.76mg (106.38%), Manganese: 1.74mg (86.78%), Copper: 1.31mg (65.5%), Fiber: 12.98g (51.92%), Vitamin A: 2304.44IU (46.09%), Magnesium: 182.19mg (45.55%), Phosphorus: 433.74mg (43.37%), Iron: 7.09mg (39.4%), Vitamin B2: 0.6mg (35.38%), Potassium: 1227.95mg (35.08%), Selenium: 22.95µg (32.79%), Vitamin B6: 0.63mg (31.42%), Folate: 115.54µg (28.89%), Calcium: 234.62mg (23.46%), Zinc: 3.04mg (20.29%), Vitamin B12: 1.19µg (19.83%), Vitamin E: 2.33mg (15.55%), Vitamin B5: 1.45mg (14.45%), Vitamin B3: 2.76mg (13.79%), Vitamin K: 12.95µg (12.33%), Vitamin B1: 0.14mg (9.21%)