



Fried Banana Split



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 4 slightly underripe bananas split
- ☐ 1 pinch cayenne pepper (less than)
- ☐ 4 ounce bar semisweet chocolate chopped
- ☐ 0.3 cup brown sugar light
- ☐ 1 tablespoon butter unsalted

Equipment

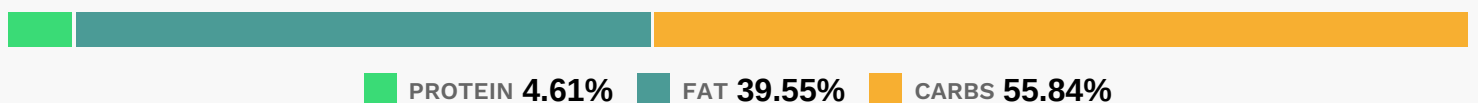
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the chocolate and 1/4 cup water in a heavy small saucepan. Stir over medium-low heat until the sauce is melted and smooth.
- ☐ Remove from the heat. Stir in small pinch cayenne pepper. Set aside.
- ☐ Place the brown sugar in a pie dish or on a plate. Toss the bananas in the brown sugar until nicely coated. Melt the butter in a heavy large skillet over medium-high heat until the butter becomes golden brown.
- ☐ Add the bananas to the hot pan cut-side down. Turn the bananas over as soon as they are golden brown and the sugar forms a crunchy coat on the bananas, about 30 seconds per side (do not allow bananas to become soft and mushy). Divide the bananas between 2 shallow bowls or plates. Spoon the chocolate sauce over the bananas.
- ☐ Sprinkle with the toasted almonds, and serve immediately.
- ☐ Cook's Notes: To toast the almonds, arrange them in a single layer on a baking sheet.
- ☐ Bake in a preheated 350 degrees F oven for 6 to 8 minutes until lightly toasted. Cool completely before using.
- ☐ An alternate way to melt the chocolate is to combine the chocolate and water in a small metal bowl over a small saucepan of simmering water, and stir the chocolate mixture until melted and smooth.
- ☐ Remove the bowl from over the water and set aside.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:13.13, Inflammation Score:-5, Nutrition Score:12.185217402551%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 7.3mg, Catechin: 7.3mg, Catechin: 7.3mg, Catechin: 7.3mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 390.98kcal (19.55%), Fat: 17.92g (27.57%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 50.62g (18.41%), Sugar: 38.48g (42.75%), Cholesterol: 9.23mg (3.08%), Sodium: 8.33mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 4.7g (9.39%), Manganese: 0.88mg (43.94%), Copper: 0.53mg (26.6%), Magnesium: 103.8mg (25.95%), Fiber: 6.3g (25.2%), Vitamin B6: 0.46mg (22.98%), Potassium: 659.01mg (18.83%), Vitamin E: 2.34mg (15.58%), Iron: 2.48mg (13.8%), Phosphorus: 138.01mg (13.8%), Vitamin C: 10.29mg (12.47%), Vitamin B2: 0.19mg (11.11%), Zinc: 1.18mg (7.84%), Folate: 27.24µg (6.81%), Vitamin B3: 1.32mg (6.59%), Selenium: 4.08µg (5.83%), Calcium: 56.39mg (5.64%), Vitamin B5: 0.54mg (5.37%), Vitamin B1: 0.06mg (4.11%), Vitamin A: 187.64IU (3.75%), Vitamin K: 2.9µg (2.76%)