



## Fried Banana with Lavender Honey and Five Spice Chocolate

READY IN



80 min.

SERVINGS



8

CALORIES



3591 kcal

SIDE DISH

### Ingredients

- 2 teaspoons five-spice powder chinese
- 4.5 teaspoons double-acting baking powder
- 4 bananas cut in 1/2, on the diagonal
- 3 liters canola oil for deep-frying or as needed
- 0.5 cup chocolate syrup
- 2 tablespoons cocoa powder
- 0.3 cup coconut plus 8 tablespoons shredded sweetened for plating
- 0.3 teaspoon imitation coconut extract (recommended: McCormick)

- 0.3 cup confectioners' sugar
- 0.8 cup cornstarch
- 1.5 cups flour all-purpose
- 0.8 cup heavy cream
- 6 tablespoons lavender honey
- 0.5 cup lite coconut milk (with freezing)
- 1.5 cups seltzer water (for carbonation)
- 0.3 cup sugar
- 0.3 teaspoon vanilla extract
- 0.5 cup milk whole

## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- mixing bowl
- blender
- ice cream machine

## Directions

- Special equipment: Blender and Ice cream maker, preferably electric
- Add 1 at a time through the feed opening of a running blender, shredded coconut, sugar, coconut milk, coconut extract, and vanilla extract.
- Pour into a bowl and stir in the milk and cream. Freeze in ice cream maker until desired consistency is achieved, about 20 to 25 minutes and reserve in freezer until needed.
- In a small saucepan, heat the chocolate syrup and the sachet of five-spice over low heat for 10 to 15 minutes to infuse flavors.
- Remove from heat and bring to room temperature.

- Heat oil in deep-fryer to 375 degrees F, or as directed in the manufacturer's instructions for similar foods.
- In a large mixing bowl, combine flour, cornstarch, and baking powder.
- Add seltzer water in a stream while whisking constantly. Dip the bananas in the batter to coat and add to the deep-fryer basket which has been immersed in the oil. Fry until golden brown, drain on paper towels, and sift confectioner's sugar over immediately.
- In a small bowl toss reserved shredded coconut and cocoa powder.
- Place banana on serving plate and drizzle chocolate sauce over.
- Place a nest of chocolate dusted coconut alongside and top with a scoop of ice cream and a drizzle of honey.

## Nutrition Facts

■ PROTEIN **0.57%**
■ FAT **90.15%**
■ CARBS **9.28%**

### Properties

Glycemic Index:48.39, Glycemic Load:32.91, Inflammation Score:-7, Nutrition Score:19.190434860147%

### Flavonoids

Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

### Nutrients (% of daily need)

Calories: 3591.46kcal (179.57%), Fat: 366.75g (564.24%), Saturated Fat: 33.87g (211.67%), Carbohydrates: 84.95g (28.32%), Net Carbohydrates: 81.37g (29.59%), Sugar: 44.55g (49.5%), Cholesterol: 27.04mg (9.01%), Sodium: 296.75mg (12.9%), Alcohol: 0.1g (100%), Alcohol %: 0.02% (100%), Caffeine: 4mg (1.33%), Protein: 5.2g (10.4%), Vitamin E: 62.44mg (416.26%), Vitamin K: 254.41µg (242.3%), Manganese: 0.58mg (28.81%), Calcium: 186.96mg (18.7%), Phosphorus: 159.92mg (15.99%), Selenium: 11.15µg (15.93%), Vitamin B1: 0.22mg (14.84%), Iron: 2.66mg (14.75%), Vitamin B2: 0.25mg (14.5%), Fiber: 3.58g (14.3%), Folate: 57.07µg (14.27%), Vitamin B6: 0.27mg (13.35%), Copper: 0.26mg (13.11%), Magnesium: 48.24mg (12.06%), Potassium: 378.96mg (10.83%), Vitamin B3: 1.96mg (9.81%), Vitamin A: 393.57IU (7.87%), Vitamin C: 5.62mg (6.81%), Zinc: 0.8mg (5.33%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.52µg (3.5%), Vitamin B12: 0.12µg (1.97%)