



Fried coconut bananas

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



2

CALORIES



428 kcal

SIDE DISH

Ingredients

- 2 tbsp brown sugar light soft
- 2 banana chunk peeled halved
- 150 ml coconut milk
- 2 servings whipped cream shredded toasted

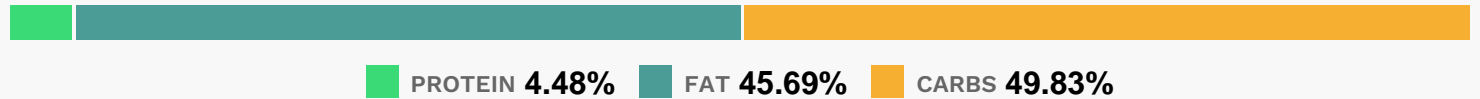
Equipment

- bowl
- frying pan

Directions

- Heat the sugar in a small frying pan. When melted, add the bananas and caramelize on each side for 3–4 mins. Lift out and set aside.
- Tip the coconut milk into the pan with a pinch of salt, stir into the sugar and bubble until syrupy. Divide between 2 bowls, top with the caramelised bananas, then add a scoop of ice cream and scatter with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:106.39, Glycemic Load:24.23, Inflammation Score:-5, Nutrition Score:11.447826172995%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 428.38kcal (21.42%), Fat: 22.93g (35.28%), Saturated Fat: 18.16g (113.53%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 52.74g (19.18%), Sugar: 40.03g (44.48%), Cholesterol: 29.04mg (9.68%), Sodium: 66.65mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Manganese: 0.88mg (44.09%), Vitamin B6: 0.49mg (24.49%), Potassium: 727.36mg (20.78%), Magnesium: 75.14mg (18.78%), Phosphorus: 164.52mg (16.45%), Iron: 2.82mg (15.64%), Vitamin B2: 0.24mg (14.38%), Fiber: 3.53g (14.12%), Vitamin C: 11.38mg (13.79%), Copper: 0.27mg (13.63%), Calcium: 113.24mg (11.32%), Folate: 37.05µg (9.26%), Vitamin B5: 0.9mg (9.03%), Vitamin A: 353.38IU (7.07%), Zinc: 1.04mg (6.91%), Vitamin B3: 1.33mg (6.65%), Vitamin B1: 0.08mg (5.29%), Vitamin B12: 0.26µg (4.29%), Selenium: 2.51µg (3.59%), Vitamin E: 0.32mg (2.11%)