



Frozen Banana Treats

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



131 kcal

Ingredients

- 6 small bananas peeled
- 2 cups kelloggâ€™sâ€™ cocoa krispiesâ€™ cereal
- 7 oz baker's semi-sweet dipping chocolate dark

Equipment

- pastry brush

Directions

- Melt chocolate as directed on package. Meanwhile, insert a wooden pop stick into cut end of each banana piece.
- Dip bananas in chocolate, or brush chocolate onto banana pieces with pastry brush.
- Roll bananas in cereal, completely coating all sides.
- Freeze bananas 4 hours or until firm. Store in airtight container in freezer.

Nutrition Facts

PROTEIN 4.47% **FAT 36.13%** **CARBS 59.4%**

Properties

Glycemic Index:3.65, Glycemic Load:4.47, Inflammation Score:-3, Nutrition Score:5.8126087188721%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 130.94kcal (6.55%), Fat: 5.45g (8.39%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 17.78g (6.47%), Sugar: 11.57g (12.86%), Cholesterol: 0.79mg (0.26%), Sodium: 28.8mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.67mg (3.89%), Protein: 1.52g (3.04%), Manganese: 0.3mg (15.1%), Vitamin B6: 0.24mg (12.08%), Copper: 0.2mg (10.19%), Iron: 1.74mg (9.68%), Fiber: 2.38g (9.53%), Magnesium: 37.02mg (9.26%), Zinc: 1.08mg (7.19%), Potassium: 232.7mg (6.65%), Vitamin B2: 0.11mg (6.63%), Folate: 25.84µg (6.46%), Vitamin B3: 1.27mg (6.34%), Vitamin B1: 0.08mg (5.6%), Vitamin C: 4.58mg (5.55%), Phosphorus: 53.94mg (5.39%), Vitamin B12: 0.29µg (4.88%), Calcium: 27.98mg (2.8%), Selenium: 1.83µg (2.61%), Vitamin A: 121.37IU (2.43%), Vitamin B5: 0.19mg (1.93%), Vitamin K: 1.26µg (1.2%), Vitamin D: 0.18µg (1.18%), Vitamin E: 0.15mg (1.01%)