



## Frozen Banana Treats

 Dairy Free

READY IN



255 min.

SERVINGS



12

CALORIES



167 kcal

### Ingredients

- 6 small banana peeled
- 2 cups post cocoa pebbles cereal
- 7 ounce bittersweet chocolate dark

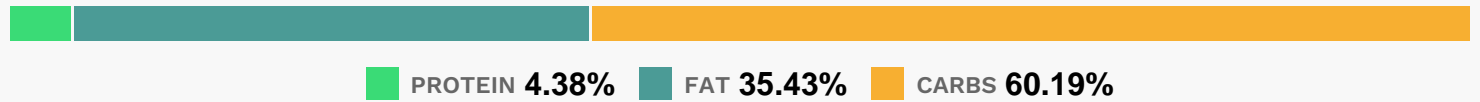
### Equipment

- 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



### Properties

Glycemic Index:4.56, Glycemic Load:5.59, Inflammation Score:-4, Nutrition Score:6.8973913037259%

### Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 167.16kcal (8.36%), Fat: 6.78g (10.42%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.15g (8.42%), Sugar: 14.62g (16.24%), Cholesterol: 0.99mg (0.33%), Sodium: 41.76mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.36mg (4.79%), Protein: 1.88g (3.77%), Manganese: 0.36mg (17.77%), Vitamin B6: 0.3mg (15.21%), Copper: 0.27mg (13.29%), Magnesium: 44.81mg (11.2%), Fiber: 2.74g (10.97%), Iron: 1.59mg (8.83%), Vitamin B2: 0.14mg (8.53%), Folate: 33.1µg (8.27%), Potassium: 287.42mg (8.21%), Vitamin B3: 1.62mg (8.11%), Vitamin B1: 0.11mg (7.17%), Vitamin B12: 0.38µg (6.27%), Phosphorus: 60.44mg (6.04%), Zinc: 0.86mg (5.74%), Vitamin C: 4.39mg (5.33%), Vitamin A: 207.26IU (4.15%), Selenium: 2.83µg (4.04%), Vitamin D: 0.46µg (3.07%), Vitamin B5: 0.25mg (2.52%), Vitamin K: 1.53µg (1.46%), Calcium: 14.24mg (1.42%), Vitamin E: 0.16mg (1.04%)