

Frozen Bananas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



260 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

Ingredients

- 8 ounce semisweet baking chocolate chopped
- 4 bananas peeled halved
- 8 ice pop sticks
- 0.3 cup peanut butter
- 0.5 cup roasted peanuts chopped

Equipment

- baking sheet
- double boiler

wax paper

spatula

Directions

Insert 1 ice pop stick into the cut end of each banana half.

Place the bananas on a wax paper-covered baking sheet, and freeze until the bananas are frozen through, about 2 hours.

Remove the frozen bananas from the freezer and spread a layer of peanut butter on each banana.

Place the peanut butter-covered bananas back in the freezer for 30 to 45 minutes.

Melt the chocolate in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.

Dip each frozen banana in the melted chocolate, spooning the chocolate over the banana to cover it completely.

Roll the dipped bananas in the chopped peanuts and place on the wax paper covered baking sheet; freeze until the chocolate is firm, about 1 to 2 hours.

Nutrition Facts

 **PROTEIN 10.15%** **FAT 61.52%** **CARBS 28.33%**

Properties

Glycemic Index:8.6, Glycemic Load:6.79, Inflammation Score:-7, Nutrition Score:16.60652185523%

Flavonoids

Catechin: 21.84mg, Catechin: 21.84mg, Catechin: 21.84mg, Catechin: 21.84mg Epicatechin: 40.22mg, Epicatechin: 40.22mg, Epicatechin: 40.22mg, Epicatechin: 40.22mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 311.55kcal (15.58%), Fat: 24.99g (38.45%), Saturated Fat: 11.01g (68.83%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 18.33g (6.67%), Sugar: 8.58g (9.54%), Cholesterol: 0mg (0%), Sodium: 93.72mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 9.27g (18.55%), Manganese: 1.71mg (85.66%), Copper: 1.07mg (53.51%), Magnesium: 142.27mg (35.57%), Iron: 5.48mg (30.45%), Fiber: 7.57g (30.27%),

Zinc: 3.28mg (21.84%), Phosphorus: 198.13mg (19.81%), Vitamin B3: 3.57mg (17.84%), Potassium: 577.96mg (16.51%), Vitamin B6: 0.3mg (14.76%), Folate: 40.48µg (10.12%), Vitamin E: 1.15mg (7.68%), Vitamin B1: 0.1mg (6.92%), Vitamin C: 5.13mg (6.22%), Vitamin B2: 0.1mg (5.87%), Selenium: 4.01µg (5.73%), Vitamin B5: 0.49mg (4.86%), Calcium: 46.4mg (4.64%), Vitamin K: 3.08µg (2.93%)