



Frozen Chocolate Bananas



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

Ingredients



2 but bananas firm ripe



0.5 cup cereal chopped



6 ounces semi chocolate chips dark chopped



2 tablespoons vegetable oil

Equipment



frying pan



baking sheet



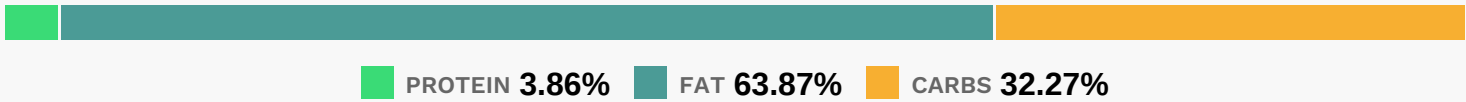
baking paper

- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup
- ☐ popsicle sticks

Directions

- ☐ Line a baking sheet with nonstick foil or parchment paper.
- ☐ Cut the bananas in half and insert a Popsicle stick into each half, as shown.
- ☐ Place them on the baking sheet and freeze for 15 minutes.
- ☐ Meanwhile, melt the chocolate with the oil in a Pyrex measuring cup in the microwave (check it every 30 seconds) or in a half-full pan of simmering water (about 2 minutes). Stir until smooth.
- ☐ Roll each banana half in the chocolate, then quickly sprinkle with your topping (if using).
- ☐ Freeze until the chocolate sets, 30 minutes.
- ☐ Serve or freeze in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:6.59, Inflammation Score:-5, Nutrition Score:12.9099999904425%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 452.99kcal (22.65%), Fat: 33.1g (50.92%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 31.39g (11.42%), Sugar: 23.35g (25.94%), Cholesterol: 2.55mg (0.85%), Sodium: 4.84mg (0.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 4.49g (8.99%), Manganese: 1.34mg (66.79%), Copper: 0.74mg (37.01%), Magnesium: 107.26mg (26.81%), Fiber: 6.24g (24.98%), Iron: 3.19mg (17.71%), Phosphorus: 161.28mg (16.13%), Vitamin K: 16.34µg (15.56%), Potassium: 508.2mg (14.52%), Vitamin B6: 0.26mg (12.98%), Zinc: 1.83mg (12.22%), Vitamin B1: 0.12mg (8.12%), Vitamin E: 1.06mg (7.05%), Selenium: 4.68µg (6.69%), Vitamin C: 5.28mg (6.4%), Vitamin B2: 0.08mg (4.8%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.44mg (4.42%), Calcium: 38.85mg (3.89%), Folate: 14.8µg (3.7%), Vitamin A: 66.65IU (1.33%), Vitamin B12: 0.08µg (1.28%)