



Frozen Peanut Butter Banana Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



24

CALORIES



40 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 banana firm ripe (not too)
- ☐ 1 bag peanut butter candy pieces
- ☐ 1 tsp shortening
- ☐ 0.7 cup chocolate chips

Equipment

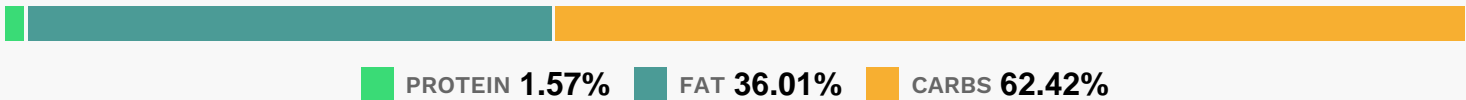
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ baking paper
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Line baking sheet pan with parchment paper or wax paper.
- ☐ Cut bananas into 1-inch sections.
- ☐ In a medium bowl, melt peanut butter candy melts with a little shortening according to directions on the bag.
- ☐ Using a fork dip bananas in melted candy and place on lined pan.
- ☐ Melt chocolate chips in microwave on HIGH 1 minute. Stir until smooth. Then using a spoon, drizzle chocolate over banana bites.
- ☐ Transfer to the freezer for at least an hour until hardened. Then transfer to an airtight container and freeze overnight.
- ☐ Let them sit out at room temperature about 5 minutes before serving, so they are easier to bite into.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:0.69173912509628%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.15kcal (2.01%), Fat: 1.69g (2.6%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.22g (2.26%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 0.24mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin B6: 0.05mg (2.71%), Manganese: 0.04mg (2.01%), Potassium: 67.24mg (1.92%), Vitamin C: 1.28mg (1.56%), Fiber: 0.38g (1.54%)