



Grilled Banana Boats



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 6 large banana firm ripe unpeeled
- ☐ 6 tablespoons chocolate chips
- ☐ 6 tablespoons marshmallows miniature
- ☐ 2 tablespoons pecans chopped

Equipment

- ☐ oven
- ☐ knife
- ☐ grill

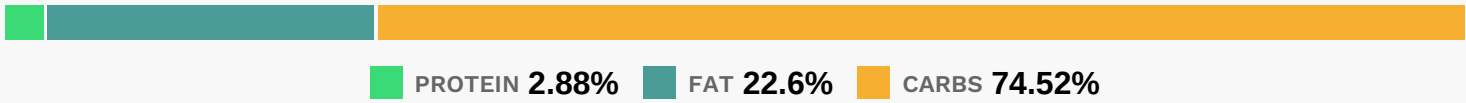
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aluminum foil

Directions

- ☐
- Cut 6 (12-inch) sheets of heavy-duty foil.
- ☐
- Heat gas or charcoal grill, or heat oven to 350F.
- ☐
- With sharp knife, make deep lengthwise cut along inside curve of each banana, being careful not to cut all the way through. Open slit to form pocket. Crimp and shape 1 sheet of foil around each banana, forming boats.
- ☐
- Holding each banana in hand, fill pocket with 2 tablespoons chocolate chips, 2 tablespoons marshmallows and about 1/2 heaping teaspoon chopped pecans.
- ☐
- Return each banana to its foil boat. Seal top of foil, leaving 2 to 3 inches headspace.
- ☐
- Place on grill over medium heat. Cover grill; cook 8 to 10 minutes or until marshmallows soften. Or bake 15 to 20 minutes in oven until marshmallows soften. (Can also place in campfire coals to cook.)

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:22.33, Inflammation Score:-3, Nutrition Score:6.9260869959126%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 8.54mg, Catechin: 8.54mg, Catechin: 8.54mg, Catechin: 8.54mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 266.1kcal (13.3%), Fat: 7.16g (11.02%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 49.27g (17.91%), Sugar: 33.81g (37.57%), Cholesterol: 0mg (0%), Sodium: 13.19mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Manganese: 0.52mg (25.92%), Vitamin B6: 0.51mg

(25.33%), Potassium: 544.14mg (15.55%), Fiber: 3.87g (15.48%), Vitamin C: 11.87mg (14.39%), Magnesium: 41.05mg (10.26%), Copper: 0.16mg (8.02%), Folate: 28.08µg (7.02%), Vitamin B2: 0.1mg (6.1%), Vitamin B5: 0.48mg (4.84%), Vitamin B3: 0.95mg (4.77%), Vitamin B1: 0.06mg (4.29%), Phosphorus: 40.34mg (4.03%), Iron: 0.47mg (2.62%), Selenium: 1.74µg (2.48%), Zinc: 0.36mg (2.41%), Calcium: 20.29mg (2.03%), Vitamin A: 88.91IU (1.78%), Vitamin E: 0.18mg (1.22%)