



## Grilled Banana Mini Pies

READY IN



15 min.

SERVINGS



8

CALORIES



192 kcal

### Ingredients

- 8 bananas cut into 1/2-inch-thick slices
- 8 chocolate chip cookie mix (2 inch)
- 1 cup cool whip lite whipped topping thawed
- 0.5 cup cajeta (goat milk caramel)

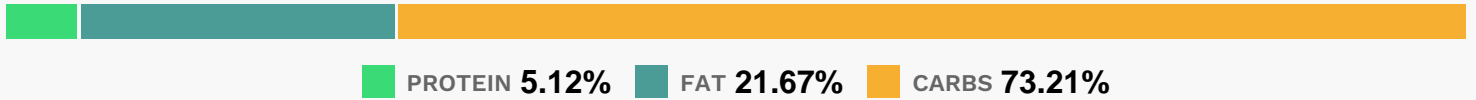
### Equipment

- grill
- aluminum foil

### Directions

- Heat grill to medium heat.
- Arrange banana slices in single layer on centers of 8 sheets of heavy-duty foil sprayed with cooking spray.
- Top with cajeta and cookies. Fold to make 8 packets.
- Grill 3 to 5 min. or until cajeta is melted.
- Serve topped with COOL WHIP.

## Nutrition Facts



### Properties

Glycemic Index:12.93, Glycemic Load:16.53, Inflammation Score:-3, Nutrition Score:6.3213043316551%

### Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 191.87kcal (9.59%), Fat: 4.9g (7.54%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 33.87g (12.31%), Sugar: 20.85g (23.17%), Cholesterol: 2.74mg (0.92%), Sodium: 55.04mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin B6: 0.44mg (22.1%), Manganese: 0.32mg (16.07%), Potassium: 483.04mg (13.8%), Fiber: 3.38g (13.5%), Vitamin C: 10.46mg (12.68%), Magnesium: 38.28mg (9.57%), Vitamin B2: 0.14mg (7.97%), Folate: 31.4µg (7.85%), Phosphorus: 55.22mg (5.52%), Vitamin B1: 0.08mg (5.47%), Vitamin B3: 1.06mg (5.28%), Copper: 0.1mg (5%), Vitamin B5: 0.44mg (4.41%), Calcium: 32.99mg (3.3%), Iron: 0.46mg (2.53%), Selenium: 1.62µg (2.31%), Vitamin A: 112.65IU (2.25%), Zinc: 0.29mg (1.91%), Vitamin D: 0.2µg (1.32%), Vitamin E: 0.18mg (1.17%)