



Grilled Banana S'mores



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

Ingredients

- ☐ 3 small bananas cut into 1-inch pieces
- ☐ 0.3 ounce individually wrapped squares chocolate dark
- ☐ 12 graham cracker sheets halved

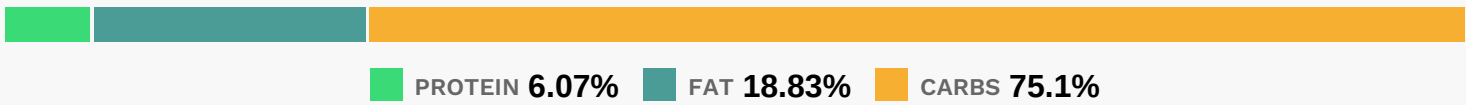
Equipment

- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐
- Thread banana pieces onto 3 (8-inch) metal skewers.
- ☐
- Place skewers on a grill rack coated with cooking spray. Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐
- minutes or until soft.
- ☐
- Place 1 square dark chocolate onto 1 graham cracker half. Top with hot banana pieces and another graham cracker half. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:10.34, Inflammation Score:-1, Nutrition Score:2.3504347904869%

Flavonoids

Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 85.38kcal (4.27%), Fat: 1.85g (2.85%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.39g (5.6%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 92.68mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin B6: 0.11mg (5.34%), Fiber: 1.25g (5%), Manganese: 0.1mg (4.89%), Magnesium: 17.4mg (4.35%), Iron: 0.77mg (4.26%), Phosphorus: 36.67mg (3.67%), Vitamin B3: 0.71mg (3.53%), Potassium: 121.06mg (3.46%), Vitamin B2: 0.05mg (3.1%), Folate: 11.69µg (2.92%), Vitamin B1: 0.04mg (2.72%), Vitamin C: 2.2mg (2.66%), Zinc: 0.38mg (2.52%), Copper: 0.05mg (2.34%), Calcium: 13.04mg (1.3%)