



Grilled Bananas with Mexican Chocolate Sauce



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



632 kcal

SIDE DISH

Ingredients

- ☐ 4 bananas firm ripe peeled halved lengthwise cut into 4 pieces each
- ☐ 3.2 ounce disk mexican chocolate chopped
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 4 servings coconut or shredded sweetened for serving
- ☐ 4 servings whipped cream softened for serving

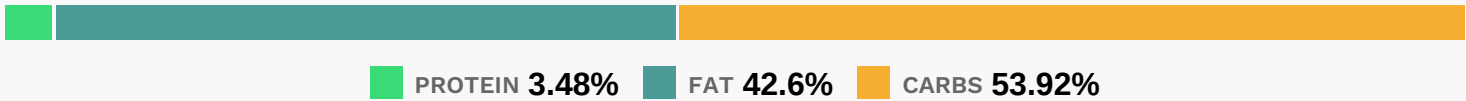
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ grill
- ☐ stove
- ☐ grill pan

Directions

- ☐ In a medium saucepot on medium heat, melt the Mexican chocolate with the heavy cream.
- ☐ Whisk constantly until the chocolate is fully melted, and take care not to burn the chocolate. Turn the heat off and reserve.
- ☐ Preheat a gas or charcoal grill, or a stovetop grill pan, over medium-high heat.
- ☐ In a medium mixing bowl, mix the sugar with the cinnamon until evenly incorporated. Toss the bananas with the sugar-cinnamon mixture until fully coated.
- ☐ Transfer to the grill, flat-side down. Grill until the bananas are browned and the sugar is caramelized, about 2 minutes per side.
- ☐ Transfer the bananas to a serving platter.
- ☐ Drizzle with the Mexican chocolate sauce, sprinkle with some shredded coconut and serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:58.37, Glycemic Load:45.05, Inflammation Score:-6, Nutrition Score:13.246087043182%

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, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 631.65kcal (31.58%), Fat: 31.56g (48.56%), Saturated Fat: 20.73g (129.59%), Carbohydrates: 89.88g (29.96%), Net Carbohydrates: 83.9g (30.51%), Sugar: 72.38g (80.42%), Cholesterol: 62.66mg (20.89%), Sodium: 105.29mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.97mg (4.99%), Protein: 5.8g (11.6%), Manganese: 0.98mg (49.16%), Vitamin B6: 0.53mg (26.36%), Fiber: 5.98g (23.93%), Vitamin B2: 0.36mg (21.36%), Potassium: 703.17mg (20.09%), Magnesium: 76.91mg (19.23%), Phosphorus: 162.54mg (16.25%), Vitamin A: 793.66IU (15.87%), Copper: 0.29mg (14.64%), Vitamin C: 10.98mg (13.31%), Calcium: 127.98mg (12.8%), Vitamin B5: 0.98mg (9.81%), Selenium: 6.58µg (9.4%), Zinc: 1.34mg (8.92%), Iron: 1.41mg (7.81%), Folate: 30.03µg (7.51%), Vitamin B3: 1.12mg (5.58%), Vitamin B1: 0.08mg (5.27%), Vitamin B12: 0.31µg (5.08%), Vitamin E: 0.73mg (4.87%), Vitamin D: 0.61µg (4.05%), Vitamin K: 3.53µg (3.36%)