



Grilled Fruit with Spiced Chai Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

DESSERT

Ingredients



1 chai tea-bag



4 bananas firm ripe



2 cardamom pods



1 cinnamon sticks



1 inch ginger fresh peeled



0.8 cup honey



5 peppercorns



1 star anise

☐ 0.5 cup water

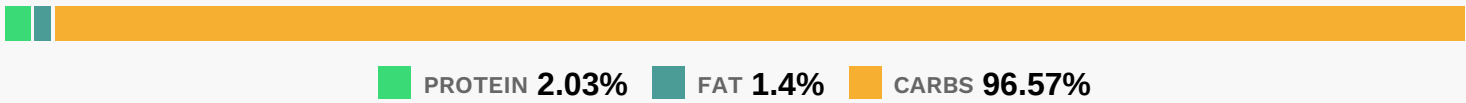
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ grill pan

Directions

- ☐ For the syrup: In a small saucepan, boil 1/2 cup water. Turn off heat, add tea-bag and brew tea, leaving bag in the water until cool and tea is very dark.
- ☐ Remove tea-bag, squeezing out excess tea.
- ☐ Add honey and all of the spices. Bring liquid to a boil, then reduce heat and simmer 5 to 7 minutes, or until liquid has slightly reduced and you are left with 1 cup of liquid.
- ☐ Remove from heat and cool for half an hour. Using a fine-meshed sieve or tea brewer, strain out whole spices. Syrup should be thinner than honey, but still have body.
- ☐ For the bananas: Preheat grill or grill pan sprayed with cooking spray over medium-high heat. Slice bananas in half lengthwise. Grill fruit until slightly softened and light grill marks form, about 2 to 3 minutes per side.
- ☐ Place 2 banana halves on a dessert plate and drizzle with 2 tablespoons syrup.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:40.46, Inflammation Score:-3, Nutrition Score:7.3095652461052%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin

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Nutrients (% of daily need)

Calories: 306.08kcal (15.3%), Fat: 0.52g (0.81%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 81.19g (27.06%), Net Carbohydrates: 77.14g (28.05%), Sugar: 66.63g (74.03%), Cholesterol: 0mg (0%), Sodium: 5.77mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.83mg (41.43%), Vitamin B6: 0.46mg (22.84%), Fiber: 4.04g (16.17%), Potassium: 483.07mg (13.8%), Vitamin C: 10.97mg (13.29%), Magnesium: 37.64mg (9.41%), Copper: 0.13mg (6.72%), Vitamin B2: 0.11mg (6.71%), Folate: 25.17µg (6.29%), Iron: 0.9mg (5.01%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.45mg (4.48%), Phosphorus: 32.74mg (3.27%), Zinc: 0.43mg (2.87%), Vitamin B1: 0.04mg (2.68%), Calcium: 25.65mg (2.56%), Selenium: 1.75µg (2.49%), Vitamin A: 79.56IU (1.59%), Vitamin K: 1.07µg (1.02%)