



Joy's Green Banana Salad

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 small unripe bananas green ()
- 2 slices bacon crumbled crisp cooked
- 1 cup crab meat
- 1 bell pepper green sliced into thin rings
- 2 tablespoons olive oil divided
- 0.8 cup red wine vinegar
- 1 pinch salt and pepper to taste
- 1 cup shrimp deveined peeled

- 1 onion sweet chopped
- 1 teaspoon sugar white

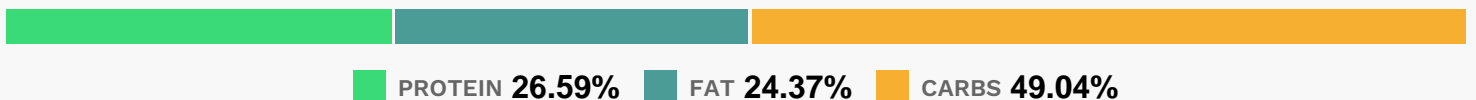
Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Bring a large pot of water to a boil.
- Cut the ends off of the bananas, and make a slit lengthwise down the peel. Cook bananas in boiling water until tender (similar to a potato).
- Drain, cool, and remove peels.
- Cut into small chunks and place in a serving bowl.
- Drizzle 1 tablespoon of olive oil over the pieces, and stir to coat.
- Meanwhile, heat the remaining tablespoon of oil in a skillet over medium-high heat.
- Add shrimp and crab, and fry until cooked through, about 5 minutes. Set aside to cool.
- Add onions, green pepper and seafood to the bananas in the bowl. In a separate bowl, whisk together the red wine vinegar, sugar and bacon pieces.
- Pour this mixture over the bananas, and toss lightly to coat. Season with salt and pepper.
- Garnish with slices of hard-cooked egg if desired.

Nutrition Facts



Properties

Glycemic Index:22.48, Glycemic Load:11.7, Inflammation Score:-6, Nutrition Score:13.766086850801%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 230.52kcal (11.53%), Fat: 6.39g (9.82%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 25.44g (9.25%), Sugar: 16.23g (18.04%), Cholesterol: 77.88mg (25.96%), Sodium: 340.77mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.35%), Vitamin B12: 2.55µg (42.48%), Vitamin C: 29.49mg (35.75%), Vitamin B6: 0.54mg (27.15%), Copper: 0.54mg (27.05%), Phosphorus: 199.52mg (19.95%), Manganese: 0.38mg (18.8%), Potassium: 648.17mg (18.52%), Selenium: 12.83µg (18.33%), Zinc: 2.53mg (16.89%), Magnesium: 63.76mg (15.94%), Fiber: 3.46g (13.84%), Folate: 47.19µg (11.8%), Vitamin B3: 1.43mg (7.14%), Vitamin B2: 0.11mg (6.39%), Vitamin B1: 0.09mg (6.15%), Calcium: 58.33mg (5.83%), Vitamin E: 0.87mg (5.79%), Iron: 1.03mg (5.72%), Vitamin B5: 0.54mg (5.39%), Vitamin K: 4.95µg (4.71%), Vitamin A: 146.28IU (2.93%)