

# Monkey Tails

 Gluten Free  Popular  Low Fod Map

READY IN



210 min.

SERVINGS



10

CALORIES



325 kcal

SIDE DISH

## Ingredients

- 5 bananas very ripe peeled halved
- 1 tablespoon butter
- 10 ice pop sticks
- 16 ounce semi chocolate chips

## Equipment

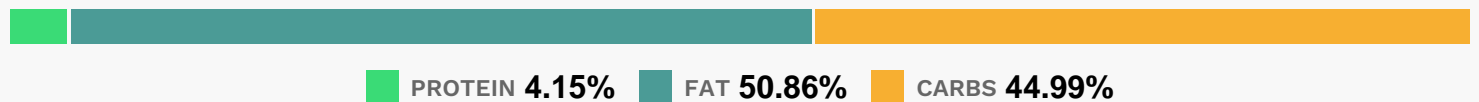
- bowl
- baking sheet
- wax paper

microwave

## Directions

- Insert 1 pop stick into the cut end of each banana.
- Place the bananas on a wax paper covered baking sheet and freeze until the bananas are frozen, about 2 hours.
- Melt the chocolate and butter in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, for 1 to 3 minutes (depending on your microwave).
- Dip the frozen bananas in the melted chocolate, spooning the chocolate over the banana to cover it completely.
- Roll in coconut if desired.
- Place the dipped bananas on the wax paper-covered baking sheet, and freeze until the chocolate is firm.

## Nutrition Facts



## Properties

Glycemic Index:10.48, Glycemic Load:6.53, Inflammation Score:-4, Nutrition Score:9.4791304339533%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 325.18kcal (16.26%), Fat: 18.71g (28.78%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 32.07g (11.66%), Sugar: 23.85g (26.5%), Cholesterol: 5.73mg (1.91%), Sodium: 14.83mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.01mg (13%), Protein: 3.43g (6.86%), Manganese: 0.76mg (38.02%), Copper: 0.61mg (30.72%), Magnesium: 95.93mg (23.98%), Fiber: 5.16g (20.65%), Iron: 3.02mg (16.78%), Potassium: 468.74mg (13.39%), Phosphorus: 131.25mg (13.13%), Vitamin B6: 0.23mg (11.6%), Zinc: 1.29mg (8.62%), Selenium: 4.41µg (6.31%), Vitamin C: 5.13mg (6.22%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.77mg (3.87%), Vitamin K: 3.66µg (3.48%), Vitamin B5: 0.33mg (3.35%), Calcium: 31.83mg (3.18%), Folate: 11.84µg (2.96%), Vitamin E: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.19%), Vitamin A: 95.43IU (1.91%), Vitamin B12: 0.08µg (1.4%)