



Naomi Duguid's Banana Flower Salad, Rakhine Style

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 pound the petals from dandelion flowers
- 2 tablespoons cooking oil
- 1 teaspoon fish sauce
- 1 tablespoon roasted peanuts chopped
- 0.5 teaspoon salt to taste
- 1 tablespoon sesame seed lightly toasted
- 3 tablespoons shallots

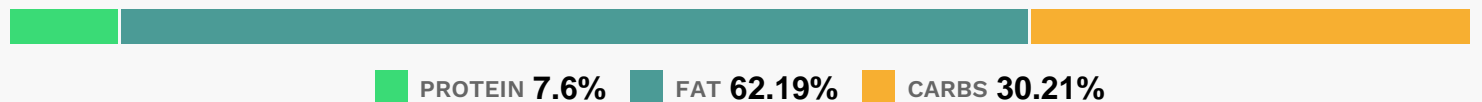
Equipment

- food processor
- bowl
- knife
- pot

Directions

- Bring a medium pot of water to a vigorous boil. Put in the banana flower, cover, and cook at a strong boil until cooked through, about 15 minutes. Test by piercing it with a knife: if the knife slides easily into the center, it's done. Lift out of the water and set aside to cool for a few minutes.
- Peel off 2 or 3 of the outer leaves of the banana flower and discard.
- Cut the banana flower into 5 or 6 chunks, place in a food processor, and pulse several times, just until you have a coarsely chopped mass. Turn out into a bowl, add the peanuts, sesame seeds, fish sauce, salt, and shallot oil and toss. Taste for salt and adjust if necessary, then add the fried shallots and toss again.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:7.3173912812996%

Nutrients (% of daily need)

Calories: 91.41kcal (4.57%), Fat: 6.49g (9.99%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 3.4g (1.23%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 280.25mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Iron: 32.28mg (179.33%), Fiber: 3.7g (14.79%), Potassium: 352.51mg (10.07%), Magnesium: 37.9mg (9.47%), Phosphorus: 59.47mg (5.95%), Vitamin E: 0.82mg (5.48%), Manganese: 0.09mg (4.47%), Copper: 0.07mg (3.52%), Vitamin K: 3.37µg (3.21%), Vitamin B6: 0.04mg (1.8%), Calcium: 17.07mg (1.71%), Vitamin B3: 0.34mg (1.71%), Folate: 5.6µg (1.4%), Vitamin B1: 0.02mg (1.26%), Zinc: 0.16mg (1.06%), Selenium: 0.74µg (1.05%)