



Orange and Banana Ole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas peeled sliced
- ☐ 2 Tablespoons brown sugar
- ☐ 1 Teaspoon chili powder
- ☐ 0.3 cup orange juice freshly squeezed (from an orange if possible)
- ☐ 4 oranges peeled halved sliced

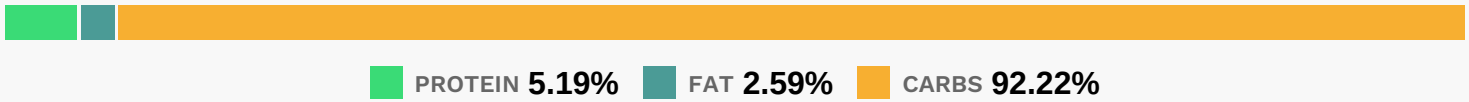
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a serving bowl, arrange the orange slices.In a dish, combine the juice, sugar, and chili powder, whisking until well combined.
- ☐ Pour the juice mixture over the oranges, cover and chill for ten minutes.Gently stir in banana slices before serving.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:8.57, Inflammation Score:-6, Nutrition Score:7.2286956413932%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 25.44mg, Hesperetin: 25.44mg, Hesperetin: 25.44mg, Hesperetin: 25.44mg Naringenin: 13.67mg, Naringenin: 13.67mg, Naringenin: 13.67mg, Naringenin: 13.67mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 98.39kcal (4.92%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 21.53g (7.83%), Sugar: 18.03g (20.03%), Cholesterol: 0mg (0%), Sodium: 7.12mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin C: 56.77mg (68.82%), Fiber: 3.26g (13.05%), Vitamin B6: 0.21mg (10.54%), Potassium: 338.26mg (9.66%), Folate: 38.33µg (9.58%), Vitamin A: 348.06IU (6.96%), Manganese: 0.14mg (6.91%), Vitamin B1: 0.1mg (6.76%), Magnesium: 21.73mg (5.43%), Calcium: 42.84mg (4.28%), Vitamin B2: 0.07mg (4.17%), Copper: 0.08mg (4.06%), Vitamin B5: 0.38mg (3.84%), Vitamin B3: 0.61mg (3.03%), Phosphorus: 24.38mg (2.44%), Vitamin E: 0.33mg (2.19%), Iron: 0.3mg (1.68%), Selenium: 0.96µg (1.37%)