



Oven-Fried Bananas



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1 large banana cut into slices
- ☐ 0.3 cup bread crumbs dry
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon granular no-calorie sucralose sweetener splenda® (such as)
- ☐ 1 pinch salt

Equipment

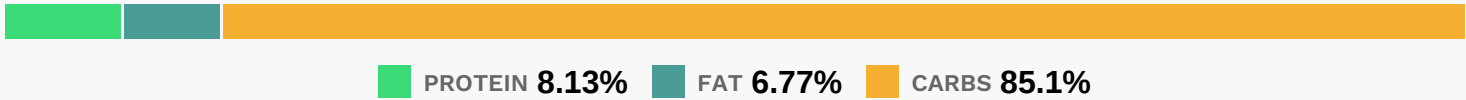
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Line a baking sheet with parchment paper and spray with cooking spray.
- ☐ Combine bread crumbs, no-calorie sweetener, cinnamon, ginger, and salt in a bowl.
- ☐ Spray banana slices on both sides with the cooking spray.
- ☐ Roll banana slices in the bread crumb mixture to coat, and arrange slices on the prepared baking sheet.
- ☐ Lightly spray the banana slices again.
- ☐ Bake in the preheated oven until crisp, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:54.89, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:5.5517391225566%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 120.34kcal (6.02%), Fat: 0.95g (1.47%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.43g (8.88%), Sugar: 10.35g (11.5%), Cholesterol: 0mg (0%), Sodium: 118.97mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Manganese: 0.43mg (21.73%), Vitamin B6: 0.27mg (13.39%), Fiber: 2.54g (10.17%), Vitamin B1: 0.15mg (10.12%), Potassium: 274.34mg (7.84%), Vitamin C: 5.93mg (7.18%), Folate: 28.09µg (7.02%), Vitamin B3: 1.38mg (6.88%), Magnesium: 24.85mg (6.21%), Vitamin B2: 0.1mg (6.15%), Selenium: 4.23µg (6.04%), Iron: 0.9mg (5%), Copper: 0.09mg (4.48%), Phosphorus: 37.81mg (3.78%), Calcium: 30.91mg (3.09%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.31mg (2.08%), Vitamin K: 1.31µg (1.25%)