



Raspberry & banana ginger crunch

READY IN



30 min.

SERVINGS



4

CALORIES



889 kcal

SIDE DISH

Ingredients

- ☐ 5 banana
- ☐ 350 g raspberries fresh
- ☐ 250 g grands flaky refrigerator biscuits
- ☐ 140 g little demerara sugar
- ☐ 140 g butter melted

Equipment

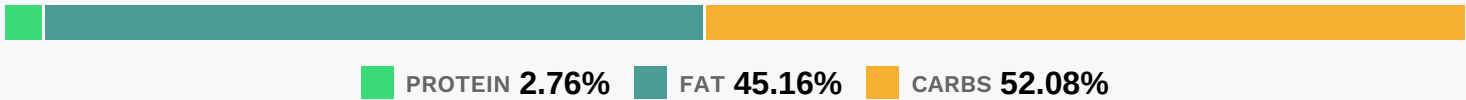
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Thickly slice the bananas into a wide, shallow dish (a 20cm circular dish works well). Scatter the raspberries over the top.
- ☐ Put the biscuits into a sturdy bowl or old saucepan and bash with the end of a rolling pin until reduced to crumbs. Stir in the sugar, then the butter, making sure all the crumbs are well coated. Scatter evenly over the fruit.
- ☐ Bake for 20–25 mins, until just beginning to colour. Leave to stand for at least 10 mins for the topping to crisp up: you could even cook it just before eating the main course and let it wait in a warm place until youve finished.
- ☐ Serve with cream or custard.

Nutrition Facts



Properties

Glycemic Index:48.69, Glycemic Load:42.56, Inflammation Score:-8, Nutrition Score:18.721304281898%

Flavonoids

Cyanidin: 40.05mg, Cyanidin: 40.05mg, Cyanidin: 40.05mg, Cyanidin: 40.05mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.86mg, Pelargonidin: 0.86mg, Pelargonidin: 0.86mg, Pelargonidin: 0.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 10.14mg, Catechin: 10.14mg, Catechin: 10.14mg, Catechin: 10.14mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 888.63kcal (44.43%), Fat: 45.82g (70.49%), Saturated Fat: 23.23g (145.21%), Carbohydrates: 118.87g (39.62%), Net Carbohydrates: 108.53g (39.47%), Sugar: 70.1g (77.89%), Cholesterol: 75.25mg (25.08%), Sodium: 449.08mg (19.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Manganese: 1.27mg (63.41%), Vitamin C: 35.76mg (43.34%), Fiber: 10.34g (41.34%), Vitamin B6: 0.63mg (31.74%), Folate: 99.55µg (24.89%), Vitamin E: 3.25mg (21.64%), Vitamin A: 1051.68IU (21.03%), Potassium: 733.72mg (20.96%), Vitamin B2: 0.35mg (20.53%), Vitamin B1: 0.3mg (19.74%), Vitamin B3: 3.57mg (17.84%), Magnesium: 69.22mg (17.31%), Iron: 2.99mg (16.59%), Vitamin K: 16.89µg (16.08%), Copper: 0.25mg (12.66%), Phosphorus: 107.82mg (10.78%), Vitamin B5: 1.01mg (10.08%), Selenium: 5.88µg (8.39%), Zinc: 0.94mg (6.25%), Calcium: 49.97mg (5%)