



Roasted Banana and Nutella S'mores Bruschetta

♥ Popular

READY IN



45 min.

SERVINGS



20

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bananas ripe
- ☐ 4 tablespoons butter cold cubed
- ☐ 20 slices baguette french
- ☐ 0.3 cup graham crackers crushed finely
- ☐ 3 tablespoons brown sugar light packed
- ☐ 100 marshmallows mini
- ☐ 0.5 cup nutella

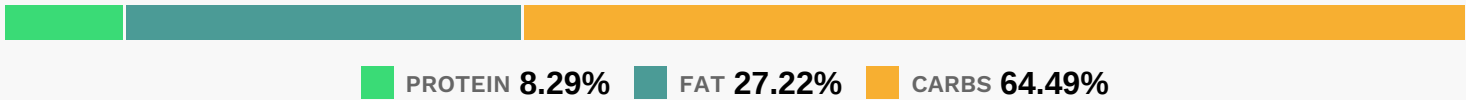
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F. Line baguette slices onto large baking sheet then top evenly with mini marshmallows.
- ☐ Bake for 10 minutes, until toasted and marshmallows puffed.Slice bananas into 1/4 inch slices and place into a shallow baking dish. Top evenly with cubed butter and sprinkle brown sugar over top.
- ☐ Bake for 20 minutes, until golden.
- ☐ Remove and let cool for 5 minutes.
- ☐ Spread 1 tablespoon Nutella over puffed marshmallows spreading gently. Top with slices of roasted bananas and sprinkle with crushed graham crackers.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:16.1, Inflammation Score:-2, Nutrition Score:5.1152174485766%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 181.87kcal (9.09%), Fat: 5.55g (8.54%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 28g (10.18%), Sugar: 11.73g (13.04%), Cholesterol: 6.02mg (2.01%), Sodium: 229.73mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin B1: 0.2mg (13.39%), Manganese: 0.26mg (13.14%), Folate: 39.48µg (9.87%), Selenium: 6.06µg (8.66%), Iron: 1.55mg (8.59%), Vitamin B3: 1.65mg (8.25%),

Vitamin B2: 0.13mg (7.77%), Fiber: 1.58g (6.32%), Vitamin B6: 0.11mg (5.32%), Phosphorus: 48.99mg (4.9%),
Magnesium: 18.85mg (4.71%), Copper: 0.09mg (4.61%), Calcium: 45.74mg (4.57%), Potassium: 138.8mg (3.97%),
Vitamin E: 0.55mg (3.65%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.21mg (2.12%), Vitamin C: 1.54mg (1.87%), Vitamin A:
81.53IU (1.63%), Vitamin K: 1.39µg (1.32%)