



Roasted Bananas With Brown Sugar-Walnut Glaze

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- 1.5 pounds bananas firm ripe
- 0.3 cup brown sugar packed
- 1.5 cups vanilla yogurt frozen low-fat
- 0.3 teaspoon ground cinnamon
- 0.3 cup juice of lemon fresh
- 2 tablespoons butter melted reduced-calorie
- 0.3 cup walnuts toasted chopped

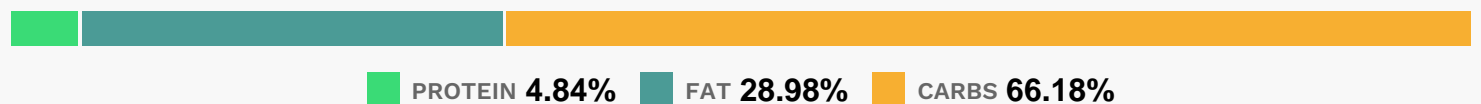
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 45
- Combine first 4 ingredients in a bowl, and set aside.
- Cut bananas in half lengthwise.
- Place banana halves, cut sides up, on a jelly-roll pan coated with cooking spray.
- Bake at 450 for 4 minutes.
- Drizzle sugar mixture evenly over banana halves, and sprinkle with toasted walnuts.
- Bake an additional 3 minutes.
- Cut each banana piece into thirds crosswise.
- Serve bananas with frozen yogurt; drizzle with any remaining sugar mixture.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:12.62, Inflammation Score:-5, Nutrition Score:8.1956521395756%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 272.49kcal (13.62%), Fat: 9.35g (14.39%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 44.69g (16.25%), Sugar: 34.72g (38.57%), Cholesterol: 0.72mg (0.24%), Sodium: 80.09mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Manganese: 0.5mg (25.03%), Vitamin B6: 0.48mg (24.07%), Vitamin C: 14.16mg (17.17%), Potassium: 532.47mg (15.21%), Fiber: 3.35g (13.4%), Magnesium: 45.26mg (11.31%), Vitamin B2: 0.17mg (10.24%), Copper: 0.19mg (9.4%), Phosphorus: 90.68mg (9.07%), Folate: 31.82µg (7.96%), Calcium: 74.92mg (7.49%), Vitamin B5: 0.67mg (6.72%), Vitamin A: 317.65IU (6.35%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.07mg (4.53%), Selenium: 2.72µg (3.89%), Iron: 0.65mg (3.59%), Zinc: 0.48mg (3.21%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.11µg (1.82%)