



The Fat Elvis

READY IN



30 min.

SERVINGS



15

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 5 to 6 bananas ripe
- ☐ 0.3 cup butter frozen
- ☐ 0.5 cup buttermilk
- ☐ 10 slices bacon cooked halved
- ☐ 2 cups flour all-purpose
- ☐ 15 servings peanut butter spread
- ☐ 1.5 cups powdered sugar

- ☐ 0.5 cup honey-roasted peanuts chopped
- ☐ 0.5 teaspoon salt

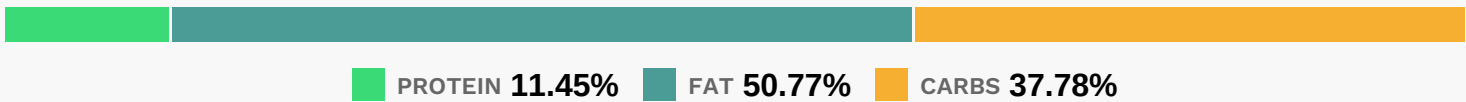
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ box grater

Directions

- ☐ Preheat oven to 45
- ☐ Cut 4 bananas into 2-inch pieces; halve each piece lengthwise. Mash remaining bananas to equal 1/2 cup. Sift together flour and next 4 ingredients in a large bowl; add mashed bananas and peanuts. Grate butter over flour mixture, using large holes of a box grater.
- ☐ Cut butter into flour mixture with a pastry blender or fork until crumbly.
- ☐ Add buttermilk, stirring just until mixture is slightly moistened.
- ☐ Turn dough out onto a heavily floured surface; shape into a ball. Pat into a 1/2-inch-thick circle.
- ☐ Cut with a floured, 3-inch round cutter, and place biscuits 1 inch apart on a lightly greased baking sheet.
- ☐ Bake at 450 for 10 to 12 minutes or until golden. Split warm biscuits; spread bottom halves of biscuits with Peanut Butter
- ☐ Spread. Top each with 2 bacon pieces and 2 banana slices. Cover with biscuit tops.

Nutrition Facts



Properties

Glycemic Index:21.12, Glycemic Load:14.6, Inflammation Score:-5, Nutrition Score:12.703913097796%

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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 427.94kcal (21.4%), Fat: 25.26g (38.86%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 38.84g (14.12%), Sugar: 20.33g (22.59%), Cholesterol: 17.01mg (5.67%), Sodium: 460.28mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Manganese: 0.81mg (40.29%), Vitamin B3: 6.8mg (33.99%), Vitamin E: 3.11mg (20.73%), Magnesium: 79.24mg (19.81%), Phosphorus: 194.36mg (19.44%), Folate: 72.57µg (18.14%), Vitamin B6: 0.34mg (16.89%), Vitamin B1: 0.24mg (15.77%), Selenium: 10.84µg (15.49%), Fiber: 3.44g (13.77%), Vitamin B2: 0.21mg (12.14%), Potassium: 415.88mg (11.88%), Copper: 0.23mg (11.49%), Iron: 1.66mg (9.23%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.71mg (7.07%), Calcium: 67.52mg (6.75%), Vitamin C: 3.42mg (4.15%), Vitamin A: 166.41IU (3.33%), Vitamin B12: 0.1µg (1.73%)