



## Trick-or-Treat Banana Pops

 Gluten Free  Dairy Free

READY IN



197 min.

SERVINGS



12

CALORIES



222 kcal

### Ingredients

- 6 medium bananas
- 0.3 cup butter
- 3 Tbsp multi-colored sprinkles
- 12 wooden pop sticks
- 8 oz baker's semi-sweet chocolate

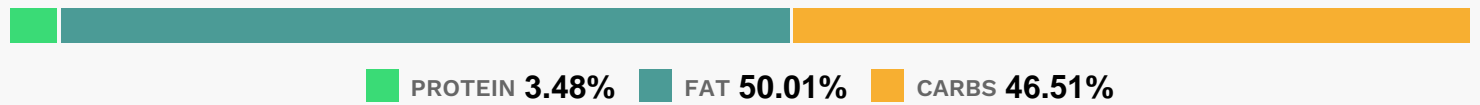
### Equipment

- bowl
- wax paper
- microwave

## Directions

- Cut bananas in half crosswise. Insert pop stick into cut end of each banana half.
- Place on tray; cover. Freeze 3 hours or until firm.
- Microwave chocolate and butter in small microwavable bowl on HIGH 1-1/2 to 2 minutes or until chocolate is almost melted, stirring after 1 minute. Stir until chocolate is completely melted.
- Pour into tall glass.
- Dip frozen bananas into chocolate mixture, turning to evenly coat. Immediately roll in sprinkles.
- Place on wax paper-covered tray.
- Serve immediately. Cover leftover pops and store in freezer.

## Nutrition Facts



## Properties

Glycemic Index:10.09, Glycemic Load:6.95, Inflammation Score:-4, Nutrition Score:5.8495652649714%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 221.72kcal (11.09%), Fat: 12.69g (19.52%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 23.35g (8.49%), Sugar: 16.42g (18.24%), Cholesterol: 1.13mg (0.38%), Sodium: 62.02mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 1.99g (3.97%), Manganese: 0.42mg (21.04%), Copper: 0.28mg (14.23%), Fiber: 3.19g (12.76%), Magnesium: 50.82mg (12.71%), Vitamin B6: 0.23mg (11.25%), Potassium: 324.32mg (9.27%), Iron: 1.38mg (7.67%), Phosphorus: 67.15mg (6.71%), Vitamin C: 5.15mg (6.24%), Vitamin A: 274.72IU (5.49%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.26%), Selenium: 2.18µg (3.11%), Folate: 12.17µg (3.04%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.37mg (2.46%), Vitamin B1: 0.03mg (1.73%), Calcium: 16.63mg (1.66%), Vitamin K: 1.67µg (1.59%)