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Chocolate Covered Banana ♦♦

A delicious dessert made by dipping bananas in melted chocolate and allowing it to harden.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g Bananas

200 g chocolate

Directions

Step 1

Cut

Peel the bananas and cut them into halves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Microwaving

Melt the chocolate in a microwave or double boiler.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Dipping

Dip each banana half into the melted chocolate, coating it completely.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Place the chocolate-covered bananas on a baking sheet lined with parchment paper.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the bananas for at least 1 hour or until the chocolate hardens.

Prep Time: 0 mins

Cook Time: 60 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 238 kcal

Fat: 13 g

Protein: 2 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	19 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1 iu	0.11%	0.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	1 mg	0.1%	0.1%
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas

Course

Desserts

Drinks

Snacks

Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Meal Type

Snack

Difficulty Level

Easy

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