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## Banana, Berries, and Bittersweet Chocolate Snack

A delicious and healthy snack made with bananas, berries, and bittersweet chocolate. This snack is perfect for any time of the day and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

150 g	Banana
100 g	berries
50 g	bittersweet chocolate

### Directions

## Step 1

Cut

Slice the banana into thin rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Washing

Wash the berries and pat them dry.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Microwaving

Melt the bittersweet chocolate in a microwave-safe bowl.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Dipping

Dip the banana slices and berries into the melted chocolate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Place the chocolate-coated banana slices and berries on a parchment-lined tray.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Refrigerating

Refrigerate for 30 minutes or until the chocolate hardens.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Snack

### Difficulty Level

Easy

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