

# Chocolate Bananas

NO IMAGE

<b>Servings:</b>	8.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51253
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	8 Each		08044
SYRUP CHOC DUTCH SQZ BTL	1/2 Cup		203092

## Preparation Instructions

1. Peel and slice the banana in a bowl.
2. Drizzle chocolate syrup over he banana.
3. Serve cold. Hold in cold pass thru until served.

For smaller amounts, use 1 tsp. chocolate syrup per banana.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	154.75
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.51mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	3.68g
<b>Sugar</b>	25.00g
<b>Protein</b>	1.62g
<b>Vitamin A</b> 3.78IU	<b>Vitamin C</b> 11.00mg
<b>Calcium</b> 6.01mg	<b>Iron</b> 0.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available