

Chocolate Bananas

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51253
School:	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	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		154.75	
Fat		0.15g	
SaturatedFat		0.47g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		11.51mg	
Carbohydrates		39.00g	
Fiber		3.68g	
Sugar		25.00g	
Protein		1.62g	
Vitamin A	3.78IU	Vitamin C	11.00mg
Calcium	6.01mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available
