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How many calories in banana chips

Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Verywell / Alexandra Shytsman Banana chips are a sweet treat made by frying thin slices of underripe bananas (Musa acuminata) and drizzling them with sugar or honey. Some home cooks also make banana chips by baking or dehydrating banana slices. While raw bananas can provide healthy nutrients (such as fiber, potassium, vitamin B6, and vitamin C), banana chips don't provide significant vitamins or minerals because a single serving is relatively small and uses only a small part of the whole banana. Since banana chips can be rich in fat and sugar, this snack should be consumed in moderation. The following nutrition data is provided by the USDA for 1 cup of banana chips (72 grams). Calories: 374 Fat: 24.2g Sodium: 4.3mg Carbohydrates: 42g Fiber: 5.5g Sugars: 25g Protein: 1.7g There are 374 calories and over 40 grams of carbohydrates in a cup of banana chips, which generally contains a few servings. One cup also provides about 5 grams of fiber and about 25 grams of sugar. The sugar in banana chips comes from a combination of sugar that occurs naturally in bananas and sugar that is added during processing to make the chips sweeter. The glycemic load of a one-ounce serving (28g) of banana chips is estimated to be about 23, making this a high glycemic food. Glycemic load takes portion size into account when a food's impact on blood sugar is estimated. There are about 24g of fat in a serving of banana chips. About 20 grams of fat is saturated fat, 1.4g is monounsaturated, and 0.5g is polyunsaturated. A cup of banana chips provides only 1.7 grams of protein. Banana chips are not a significant source of any vitamins or minerals. While a whole raw banana can provide certain health benefits, you're not likely to gain these benefits when you consume a single serving of banana chips. If you consume enough fried banana chips to get the same vitamins and minerals provided by a whole banana, you'll also end up consuming substantial fat, carbohydrates, and calories. This may be beneficial as a quick, convenient, affordable source of energy. If you bake your own banana chips, you can manage or omit the amount of sugar to align with your taste preferences and health needs. Banana chips may be a healthier alternative to potato chips even when they are fried. According to USDA data, a comparable serving of potato chips provides about the same number of calories as banana chips, but less than one gram (0.6g) of fiber. Banana chips provide over a gram. While this isn't a substantial amount of fiber, adding this nutrient to your diet can help you to feel full longer after eating. Studies show an association between increased fiber intake and successful weight loss in calorie-restricted diets. Bananas can be a good source of potassium. Potassium is known to have beneficial effects on blood pressure, especially when paired with a low-sodium eating plan. Banana chips may provide a very small amount of potassium. But this snack is also likely to be lower in sodium than comparable snacks like crackers or potato chips. A single serving of banana chips provides less than one gram (0.84mg) of sodium according to USDA data, whereas a similar serving of potato chips provides 95mg of sodium. People with oral allergy syndrome (sometimes also called pollen-food sensitivity syndrome) may react when they consume banana chips. Other foods such as avocados, cucumber, kiwi, and melon, may also cause a reaction. Oral allergy symptoms generally include itching around the mouth, face, lip, tongue, and throat and generally appear right after consuming the fruit. Those with ragweed allergies may also have a reaction when consuming banana chips or other foods that are made with bananas. Many packaged banana chip brands make their products with coconut oil or palm oil. While there are few reports of coconut allergy or reactions to coconut oil, allergy experts don't know for sure if consuming foods made with these oils is necessarily safe for those with coconut allergy. It is not likely that you would experience adverse effects from consuming banana chips. Banana chips found in stores can be made with a variety of different ingredients. Most often they have sugar or another sweetener added, but a few brands add salt to give the chips a savory flavor. When shopping for banana chips, you might also see a similar product called plantain chips. Plantains are very similar to bananas and the chips are likely to taste similar to banana chips. Bananas are available all year long in almost all grocery stores. So, if you are making these chips at home, you'll find the ingredients easily at your local market. Banana chips are also available in most supermarkets. The way that you store banana chips depends on how they are made. If you purchase banana chips, follow the guidance on the package. Most bags include a "best by" date. Generally, you can store the chips in your pantry for several weeks. Store-bought banana chips do not require refrigeration and do not freeze well. If you make banana chips at home, you can keep them fresh by storing them in an airtight container. After you dehydrate, bake, or fry the chips, place them in a baggie or other resealable container and remove as much air as possible. If you want to make your own banana chips at home, you can control the ingredients and make a healthier version that is still enjoyable. To keep the fat content lower, baking or dehydrating the chips is the best choice. Use a food dehydrator or your oven to make the chips. To make the chips in the oven, start with underripe bananas. Ripe bananas will be too soft and will not hold their shape well. Slice the banana into thin ovals. Place the banana slices on a baking sheet lined with parchment paper. Drizzle them with lemon juice and either leave them plain or sprinkle lightly with sugar, cinnamon, or your favorite spice. Bake at 200 degrees for about one hour. Then, remove the tray, flip the slices and return the baking sheet to the oven for another 30 minutes or until they are crispy. how many calories in dried banana chips. how many calories in banana bread with chocolate chips. how many calories in sweetened banana chips. how many calories in fried banana chips. how many calories in unsweetened banana chips. how many calories in a cup of banana chips. how many calories in dehydrated banana chips. how many calories in organic banana chips

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