

Homemade Jamaican Fried Banana Chips

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-fried-banana-recipe>

Ingredients:

- 3 bananas green
- 1/4 cup coconut oil approximately
- sea salt to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 20 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 12 grams
7. Sodium: 200 milligrams
8. Sugar: 11 grams

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