

Darasa (Green Banana Tamales)

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-steamed-fish-in-banana-leaf-recipe>

Ingredients:

- 7 bananas slightly green, peeled and grated
- 1/2 cup coconut milk
- 1/4 cup fresh orange juice
- 2 tablespoons fresh lime juice
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper freshly
- 6 squares banana leaves or parchment paper, for wrapping, available at Grocerythai.com

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 34 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 600 milligrams
8. Sugar: 18 grams

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