



Bacon, Banana & Caramel Topping

 **Gluten Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon
- 2 bananas cut into 1/2-inch-thick slices
- 0.3 cup brown sugar packed
- 2 Tbsp butter
- 0.5 tsp vanilla

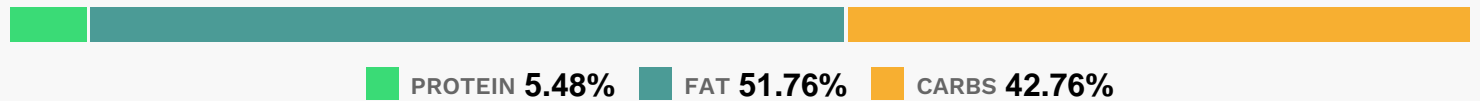
Equipment

- frying pan
- microwave

Directions

- Cook bacon in microwave as directed on package. Chop or crumble into 1/2-inch pieces; set aside.
- Melt butter in medium skillet on medium-low heat.
- Add sugar; cook and stir 2 min. or until sugar is dissolved.
- Add vanilla, bananas and bacon; cook and stir 2 to 3 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:4.3986956218015%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 248.92kcal (12.45%), Fat: 14.68g (22.59%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.76g (9.37%), Sugar: 20.61g (22.9%), Cholesterol: 29.78mg (9.93%), Sodium: 195.78mg (8.51%), Alcohol: 0.18g (100%), Alcohol %: 0.22% (100%), Protein: 3.5g (6.99%), Vitamin B6: 0.28mg (14.05%), Manganese: 0.17mg (8.59%), Potassium: 275.55mg (7.87%), Selenium: 5.25µg (7.5%), Vitamin B3: 1.3mg (6.49%), Vitamin C: 5.13mg (6.22%), Fiber: 1.53g (6.14%), Vitamin B1: 0.08mg (5.29%), Magnesium: 20.01mg (5%), Phosphorus: 46.95mg (4.69%), Vitamin A: 223.33IU (4.47%), Vitamin B2: 0.06mg (3.75%), Vitamin B5: 0.35mg (3.45%), Copper: 0.06mg (3.11%), Folate: 12.15µg (3.04%), Zinc: 0.36mg (2.39%), Vitamin E: 0.32mg (2.12%), Vitamin B12: 0.12µg (2.03%), Iron: 0.34mg (1.91%), Calcium: 17.22mg (1.72%)