



Ballpark Bananas Foster

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

READY IN



13 min.

SERVINGS



4

CALORIES



1011 kcal

DESSERT

Ingredients

- 1 cup banana liqueur
- 4 bananas ripe peeled halved
- 8 tablespoons butter cut in cubes
- 0.5 teaspoon ground cinnamon plus more for sprinkling, optional
- 0.5 cup brown sugar light packed
- 1 cup proof rum (recommended: Bacardi 151)
- 1 pint whipped cream

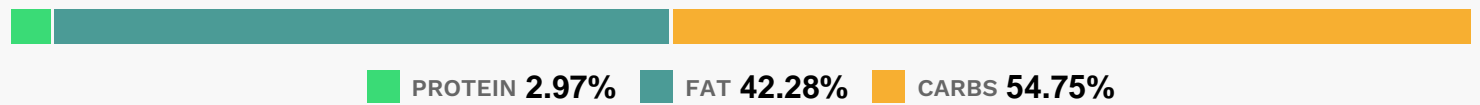
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Melt the butter in a large saucepan. Stir in the brown sugar and 1/2 teaspoon cinnamon.
- Add the bananas and cook them in the syrup until they just begin to caramelize, but are not falling apart, about 2 minutes.
- Remove the pan from the heat and carefully add the banana liqueur and the rum.
- Place the pan back on the heat. Using a long-handled lighter, ignite the pan contents. Stand back as you ignite the pan, the flames may be quite high.
- Sprinkle cinnamon into the flames, if desired. Shake the pan until flame dies, constantly basting the bananas with the sauce.
- Place 2 scoops of ice cream in each bowl. Divide bananas and sauce evenly over ice cream.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:29.59, Inflammation Score:-8, Nutrition Score:11.503912993099%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1011.4kcal (50.57%), Fat: 36.11g (55.56%), Saturated Fat: 22.56g (140.98%), Carbohydrates: 105.2g (35.07%), Net Carbohydrates: 101.17g (36.79%), Sugar: 89.14g (99.04%), Cholesterol: 112.25mg (37.42%), Sodium: 284.18mg (12.36%), Alcohol: 35g (100%), Alcohol %: 10.79% (100%), Protein: 5.71g (11.41%), Vitamin A: 1274IU (25.48%), Vitamin B6: 0.5mg (25.15%), Vitamin B2: 0.38mg (22.47%), Potassium: 703.42mg (20.1%), Manganese: 0.4mg (20.01%), Calcium: 189.37mg (18.94%), Fiber: 4.03g (16.12%), Phosphorus: 160.55mg (16.05%), Vitamin C: 10.99mg (13.32%), Magnesium: 51.61mg (12.9%), Vitamin B5: 1.15mg (11.49%), Vitamin B12: 0.51µg (8.48%), Folate: 30.64µg (7.66%), Vitamin E: 1.13mg (7.52%), Copper: 0.15mg (7.28%), Zinc: 1.06mg (7.04%), Vitamin B1: 0.09mg

(6.01%), Selenium: 3.93µg (5.61%), Vitamin B3: 0.98mg (4.88%), Iron: 0.66mg (3.66%), Vitamin K: 2.98µg (2.84%),
Vitamin D: 0.24µg (1.58%)