



Banana Compote



Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

408 kcal

SAUCE

Ingredients



2.3 teaspoons double-acting baking powder



0.5 teaspoon baking soda



2 large bananas sliced



1 cup blueberries fresh



2 tablespoons brown sugar



2 cups buttermilk



2 eggs



2 cups flour all-purpose

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup maple syrup
- ☐ 8 servings serving suggestions: whipped cream and maple syrup
- ☐ 1.5 cups orange juice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup butter unsalted for frying melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a stainless steel pot combine the orange and lemon juice and boil for 15 minutes. Reduce the heat to medium and add the maple syrup and brown sugar. Stir until the sugar has dissolved.
- ☐ Remove from the heat and whisk in the butter. Cool slightly and add the sliced bananas. Keep warm but do not boil again.*
- ☐ In a large bowl sift together the flour, sugar, baking powder, baking soda, and salt.
- ☐ Beat the eggs with the buttermilk and melted butter.
- ☐ Combine the dry and the wet ingredients into a lumpy batter, being careful not to over mix**.
- ☐ Heat some butter in a skillet over medium heat. Spoon 1/3 cup of batter into the skillet and sprinkle the top with some of the blueberries. Cook for 2 to 3 minutes on each side.
- ☐ Serve with a dollop of whipped cream and maple syrup.

Nutrition Facts



Properties

Glycemic Index:60.98, Glycemic Load:37.33, Inflammation Score:-7, Nutrition Score:15.5286957492%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 6.66mg, Hesperetin: 6.66mg, Hesperetin: 6.66mg, Hesperetin: 6.66mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 408.35kcal (20.42%), Fat: 10.55g (16.23%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 72.39g (24.13%), Net Carbohydrates: 70.1g (25.49%), Sugar: 40.31g (44.79%), Cholesterol: 65.82mg (21.94%), Sodium: 417.85mg (18.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Manganese: 1.07mg (53.72%), Vitamin B2: 0.74mg (43.6%), Vitamin C: 30.95mg (37.52%), Selenium: 16.77µg (23.95%), Vitamin B1: 0.36mg (23.95%), Folate: 89.03µg (22.26%), Calcium: 191.79mg (19.18%), Phosphorus: 151.56mg (15.16%), Potassium: 440.49mg (12.59%), Vitamin B3: 2.43mg (12.17%), Iron: 2.08mg (11.58%), Vitamin B6: 0.21mg (10.6%), Vitamin A: 496.33IU (9.93%), Magnesium: 37.12mg (9.28%), Fiber: 2.29g (9.16%), Vitamin B5: 0.78mg (7.82%), Vitamin D: 1.13µg (7.52%), Copper: 0.13mg (6.5%), Vitamin B12: 0.39µg (6.47%), Zinc: 0.92mg (6.11%), Vitamin K: 4.69µg (4.47%), Vitamin E: 0.54mg (3.62%)