



Banana Flambe

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



846 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons banana liqueur
- 2 bananas whole peeled sliced
- 2 tablespoons brandy
- 4 teaspoons brown sugar
- 2 teaspoons butter
- 2 tablespoons chocolate syrup
- 2 glasses filled half way with vanilla ice cream
- 2 small strawberries whole cubed for the sugar (remove the stem and make a small hole)

- 2 coarsely sugar cubes
- 4 tablespoons whipped cream

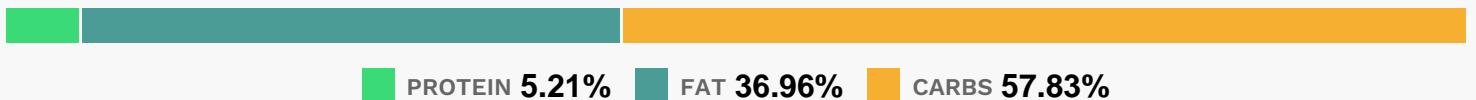
Equipment

- frying pan
- sauce pan

Directions

- In a large saucepan over medium heat, melt the sugar until it becomes liquid.
- Add the butter and the sliced banana. Cook for about 6 minutes.
- Remove the pan from the heat and then add the banana liqueur.
- Continue to cook for about 2 minutes.
- Remove from the heat once again, then add the brandy. Once you put the pan back in the heat, it should flambe.
- Remove the pan from the heat and start spooning the flambeed banana into the ice cream glass.
- Add the chocolate syrup and the whipped cream. On top of the whipped cream, right in the center, place the cleaned strawberry, then place the sugar cube in the center of the strawberry.
- Pour a little bit of the brandy on top of the sugar and carefully ignite it with a match.

Nutrition Facts



Properties

Glycemic Index:172.93, Glycemic Load:49.59, Inflammation Score:-8, Nutrition Score:16.506521743277%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg,

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 846.19kcal (42.31%), Fat: 32.66g (50.25%), Saturated Fat: 20.08g (125.48%), Carbohydrates: 115.01g (38.34%), Net Carbohydrates: 109.63g (39.87%), Sugar: 93.01g (103.35%), Cholesterol: 121.43mg (40.48%), Sodium: 239.75mg (10.42%), Alcohol: 8.81g (100%), Alcohol %: 2.56% (100%), Protein: 10.35g (20.71%), Vitamin B2: 0.67mg (39.59%), Calcium: 328.87mg (32.89%), Phosphorus: 311.37mg (31.14%), Vitamin B6: 0.56mg (27.9%), Potassium: 973.04mg (27.8%), Vitamin A: 1256.52IU (25.13%), Manganese: 0.45mg (22.45%), Fiber: 5.38g (21.52%), Magnesium: 80.62mg (20.16%), Vitamin C: 15.84mg (19.2%), Vitamin B5: 1.82mg (18.2%), Vitamin B12: 0.95µg (15.92%), Zinc: 2.01mg (13.39%), Copper: 0.26mg (13.01%), Folate: 37.98µg (9.49%), Vitamin B1: 0.14mg (9.42%), Selenium: 6.03µg (8.62%), Vitamin E: 1.02mg (6.83%), Vitamin B3: 1.17mg (5.85%), Iron: 1.04mg (5.78%), Vitamin D: 0.51µg (3.39%), Vitamin K: 2.07µg (1.97%)