

Bananas Flambe

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

READY IN



17 min.

SERVINGS



6

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 bananas ripe peeled halved lengthwise
- 0.5 cup rum dark
- 6 servings kosher salt
- 3 tablespoons brown sugar light packed
- 1 cranberry–orange relish
- 0.3 cup orange liqueur
- 4 strips orange zest with a vegetable peeler. tablespoon the orange and strain the juice.
- 2 tablespoons butter unsalted

- 1 vanilla pod split
- 6 servings whipped cream for serving

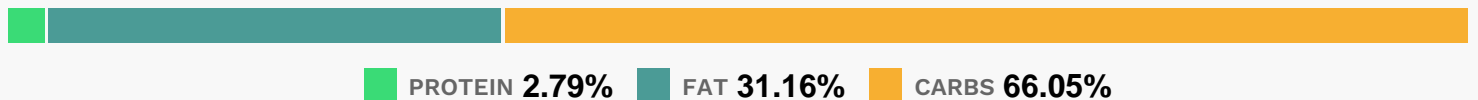
Equipment

- bowl
- frying pan
- stove

Directions

- Melt the butter with the sugar, orange zest and vanilla bean in a large skillet over medium heat. Cook, stirring, until the sugar caramelizes, about 5 minutes.
- Remove from the heat and stir in the liqueur, orange juice and a pinch of salt.
- Return the skillet to medium heat, add the bananas, cut-side down, and cook until glazed and golden, 1 to 2 minutes.
- Remove from the heat and divide among bowls.
- Add the rum to the pan and return to medium heat. Warm for a few seconds without stirring, then carefully tilt the pan so the rum ignites (if using an electric stove, hold a lit match near the sauce to ignite it). Spoon the flaming sauce over the bananas.
- Garnish with whipped cream and the glazed orange zest.
- Photograph by Marcus Nilsson

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:7.81, Inflammation Score:-4, Nutrition Score:4.3465217131635%

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 Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 5.5g (8.45%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 24.08g (8.76%), Sugar: 18.71g (20.79%), Cholesterol: 14.59mg (4.86%), Sodium: 198.06mg (8.61%), Alcohol: 9.24g (100%), Alcohol %: 9.05% (100%), Protein: 1.11g (2.21%), Vitamin C: 17.66mg (21.4%), Vitamin B6: 0.24mg (11.8%), Manganese: 0.17mg (8.73%), Fiber: 2.13g (8.51%), Potassium: 273.46mg (7.81%), Magnesium: 19.85mg (4.96%), Vitamin A: 247.4IU (4.95%), Folate: 18.93µg (4.73%), Vitamin B2: 0.06mg (3.52%), Copper: 0.07mg (3.45%), Vitamin B5: 0.29mg (2.86%), Vitamin B1: 0.04mg (2.81%), Calcium: 25.14mg (2.51%), Vitamin B3: 0.49mg (2.45%), Phosphorus: 24.27mg (2.43%), Vitamin E: 0.25mg (1.64%), Iron: 0.24mg (1.35%), Selenium: 0.94µg (1.34%)