



Bananas Foster

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



508 kcal

DESSERT

Ingredients

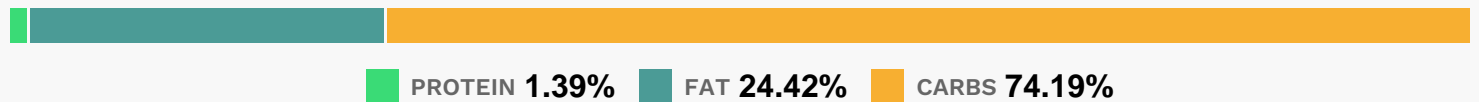
- 1 banana ripe
- 0.5 ounce banana liqueur
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 1 Dash cinnamon
- 1 ounce rum white

Equipment

Directions

- Melt butter in chafing dish.
- Add sugar and blend well.
- Add banana and saute.
- Sprinkle cinnamon.
- Pour banana liqueur and rum over and ignite, basting banana with flaming liquid.
- Serve when flame dies out.
- Serves 1.

Nutrition Facts



Properties

Glycemic Index:124.78, Glycemic Load:13.07, Inflammation Score:-5, Nutrition Score:6.9765217391304%

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

Taste

Sweetness: 100%, Saltiness: 0.74%, Sourness: 12.63%, Bitterness: 11.23%, Savoriness: 5.34%, Fattiness: 39.78%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 507.9kcal (25.4%), Fat: 11.76g (18.09%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 80.38g (26.79%), Net Carbohydrates: 76.78g (27.92%), Sugar: 66.5g (73.89%), Cholesterol: 30.1mg (10.03%), Sodium: 105.02mg (4.57%), Alcohol: 13.06g (72.57%), Protein: 1.5g (3.01%), Manganese: 0.53mg (26.45%), Vitamin B6: 0.46mg (22.75%), Fiber: 3.6g (14.4%), Potassium: 494.52mg (14.13%), Vitamin C: 10.3mg (12.49%), Magnesium: 37.06mg (9.26%), Vitamin A: 428.33IU (8.57%), Copper: 0.12mg (6.2%), Folate: 24.56µg (6.14%), Calcium: 59.12mg (5.91%), Vitamin B2: 0.09mg (5.44%), Vitamin B5: 0.48mg (4.76%), Vitamin B3: 0.86mg (4.3%), Iron: 0.74mg (4.14%), Phosphorus: 33.01mg (3.3%), Vitamin E: 0.47mg (3.11%), Selenium: 1.93µg (2.75%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 1.88µg (1.79%), Zinc: 0.23mg (1.56%)