



Bananas Foster

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



624 kcal

DESSERT

Ingredients

- 2 bananas
- 1 Dash cinnamon
- 1 cup brown sugar dark packed
- 0.5 cup rum dark
- 0.5 cup heavy cream
- 1 stick butter salted
- 6 servings whipped cream for serving
- 0.5 cup walnuts chopped

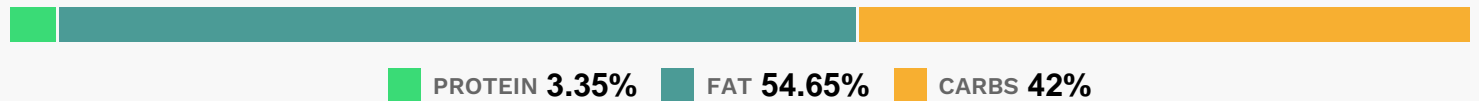
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Melt the butter in a heavy skillet over a medium-high heat.
- Add the brown sugar. Stir together and cook for a minute or two.
- Pour in the cream and stir it around to combine.
- Peel the bananas and slice them on the bias inside the peel. Drop the slices into the pan. Next, add the chopped nuts and stir them into the sauce. Then – and this is where you need to be a little careful – stir in the rum.
- Let it start to bubble, and then carefully use a long lighter to ignite it. (Be sure to have a lid handy in case you need to extinguish the flame.)
- Let the fire burn and go out (it'll only take about 30 seconds or so), and then stir in the cinnamon at the end. You may also cook the mixture without flambeing it.
- Spoon it over a couple of scoops of vanilla ice cream and enjoy immediately.
- Spoon bananas Foster over French toast, waffles or crepes. Substitute peaches, pears or cherries for the bananas. Of course, then it probably wouldn't be considered bananas Foster.

Nutrition Facts



Properties

Glycemic Index:34.3, Glycemic Load:13.72, Inflammation Score:-6, Nutrition Score:8.679565212001%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 623.81kcal (31.19%), Fat: 36.18g (55.67%), Saturated Fat: 19.37g (121.04%), Carbohydrates: 62.56g (20.85%), Net Carbohydrates: 60.33g (21.94%), Sugar: 55.21g (61.34%), Cholesterol: 91.94mg (30.65%), Sodium: 190.32mg (8.28%), Alcohol: 6.68g (100%), Alcohol %: 4.02% (100%), Protein: 4.99g (9.99%), Manganese: 0.5mg (25.04%), Vitamin A: 1067.67IU (21.35%), Calcium: 145.71mg (14.57%), Vitamin B2: 0.25mg (14.49%), Phosphorus: 130.09mg (13.01%), Vitamin B6: 0.25mg (12.57%), Copper: 0.23mg (11.25%), Potassium: 388.4mg (11.1%), Magnesium: 40.43mg (10.11%), Fiber: 2.23g (8.91%), Vitamin B5: 0.69mg (6.91%), Vitamin E: 0.93mg (6.19%), Zinc: 0.9mg (6.02%), Folate: 22.46µg (5.61%), Vitamin B12: 0.32µg (5.35%), Vitamin B1: 0.08mg (5.24%), Vitamin C: 4.07mg (4.93%), Selenium: 3.29µg (4.7%), Iron: 0.75mg (4.17%), Vitamin D: 0.45µg (3%), Vitamin B3: 0.51mg (2.57%), Vitamin K: 2.66µg (2.54%)