



food  
network

## Bananas Foster



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

DESSERT

## Ingredients

- 0.3 cup banana liqueur
- 6 bananas ripe peeled halved sliced lengthwise
- 0.5 cup rum dark
- 0.5 teaspoon ground cinnamon
- 1 cup brown sugar light packed
- 6 tablespoons butter unsalted
- 1 pint whipped cream

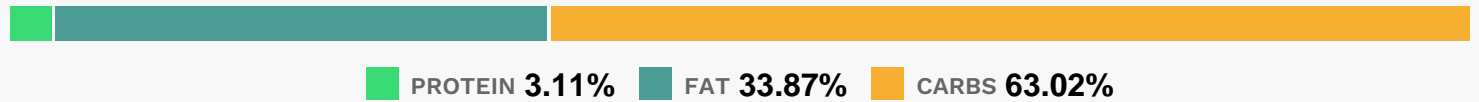
## Equipment

- bowl
- frying pan

## Directions

- Melt the butter in a large skillet over medium-low heat.
- Add the brown sugar and stir until the sugar completely dissolves, about 2 minutes.
- Lay the bananas in the pan and cook on both sides until they become slightly soft and begin to brown, about 3 minutes.
- Remove the pan from the heat and add the banana liqueur and then the rum and cinnamon. Tip the pan slightly and carefully ignite the alcohol with a long kitchen match or kitchen lighter to flambe.
- Put the pan back on the heat and shake it back and forth basting the bananas, until the flame dies out.
- Divide the ice cream among dessert bowls. Gently lift the bananas from the pan and place 2 pieces on the ice cream. Spoon the sauce over the ice cream and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.97, Glycemic Load:18.06, Inflammation Score:-5, Nutrition Score:7.1182609122732%

## Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 443.07kcal (22.15%), Fat: 15.32g (23.56%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 61.34g (22.3%), Sugar: 52.89g (58.77%), Cholesterol: 48.6mg (16.2%), Sodium: 57.22mg (2.49%), Alcohol: 6.88g (100%), Alcohol %: 4.19% (100%), Protein: 3.16g (6.32%), Vitamin B6: 0.37mg (18.26%), Manganese: 0.29mg (14.31%), Potassium: 474.47mg (13.56%), Vitamin B2: 0.21mg (12.4%), Vitamin A: 568.41IU (11.37%), Fiber: 2.78g (11.13%), Calcium: 106.73mg (10.67%), Vitamin C: 8.06mg (9.77%), Magnesium: 34.94mg (8.73%), Phosphorus: 85.87mg (8.59%), Vitamin B5: 0.69mg (6.88%), Folate: 21.25µg (5.31%), Copper: 0.1mg

(5.04%), Vitamin B12: 0.25µg (4.14%), Zinc: 0.57mg (3.78%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.7mg (3.48%), Vitamin E: 0.51mg (3.42%), Selenium: 2.39µg (3.41%), Iron: 0.5mg (2.76%), Vitamin D: 0.28µg (1.84%), Vitamin K: 1.39µg (1.33%)