



Bananas Foster



Vegetarian



Gluten Free



Low Fod Map

READY IN



12 min.

SERVINGS



2

CALORIES



400 kcal

DESSERT

Ingredients

- 1 tablespoon banana liqueur
- 2 under bananas ripe sliced in half lengthwise
- 1.8 ounces brown sugar dark
- 0.3 cup rum dark
- 0.3 teaspoon ground allspice
- 0.5 teaspoon nutmeg freshly ground
- 0.5 teaspoon orange zest finely grated
- 2 tablespoons butter unsalted

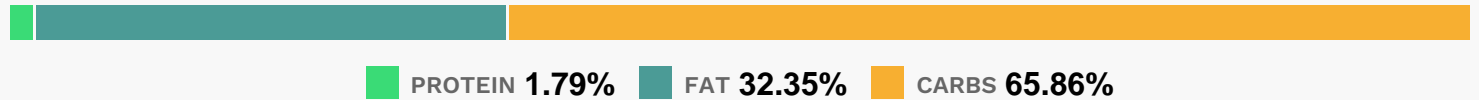
Equipment

frying pan

Directions

- Melt butter in a 10-inch heavy skillet over low heat.
- Add brown sugar, allspice and nutmeg and stir until sugar dissolves.
- Add banana liqueur and bring sauce to simmer.
- Add bananas and cook for 1 minute on each side, carefully spooning sauce over bananas as they are cooking.
- Remove bananas from pan to a serving dish. Bring sauce to a simmer and carefully add the rum. If the sauce is very hot, the alcohol will flame on its own. If not, using stick flame, carefully ignite and continue cooking until flame dies out, approximately 1 to 2 minutes. If sauce is too thin, cook for 1 to 2 minutes until it is syrupy in consistency.
- Add orange zest and stir to combine. Immediately spoon the sauce over bananas and serve.
- Serve with waffles, crepes, or ice cream.

Nutrition Facts



Properties

Glycemic Index:77.39, Glycemic Load:13.18, Inflammation Score:-5, Nutrition Score:6.3695651668569%

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

Nutrients (% of daily need)

Calories: 400.32kcal (20.02%), Fat: 11.95g (18.38%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 51.47g (18.72%), Sugar: 41.53g (46.14%), Cholesterol: 30.1mg (10.03%), Sodium: 10.25mg (0.45%), Alcohol: 11.92g (100%), Alcohol %: 7.73% (100%), Protein: 1.49g (2.97%), Vitamin B6: 0.45mg (22.31%), Manganese: 0.36mg (18.11%), Vitamin C: 11.06mg (13.4%), Potassium: 464.81mg (13.28%), Fiber: 3.28g

(13.12%), Magnesium: 35.74mg (8.93%), Vitamin A: 429.34IU (8.59%), Folate: 24.89µg (6.22%), Copper: 0.12mg (5.96%), Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.44mg (4.45%), Vitamin B3: 0.84mg (4.2%), Calcium: 33.23mg (3.32%), Phosphorus: 32.96mg (3.3%), Iron: 0.53mg (2.97%), Vitamin E: 0.44mg (2.96%), Vitamin B1: 0.04mg (2.78%), Selenium: 1.64µg (2.34%), Vitamin K: 1.57µg (1.5%), Zinc: 0.22mg (1.49%), Vitamin D: 0.21µg (1.4%)