



Bananas Foster



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 4 large bananas sliced
- ☐ 6 tablespoons brown sugar packed
- ☐ 0.3 cup rum dark
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter light
- ☐ 2.5 cups whipped cream fat-free frozen

Equipment

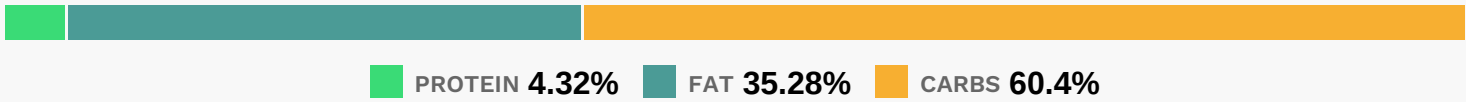
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Combine butter, brown sugar, and cinnamon in a large skillet over medium heat; cook, stirring constantly, until butter melts and sugar dissolves.
- ☐ Add banana; cook 2 minutes, coating slices in sugar mixture.
- ☐ Remove from heat.
- ☐ Heat rum in a small saucepan over medium-low heat.
- ☐ Pour heated rum into one side of skillet. Ignite rum with a long match; let flames die down. Return to medium heat; cook 30 seconds, stirring gently to coat banana.
- ☐ Place 1/2 cup ice cream in each of 5 goblets, and top with 1/2 cup banana mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:21.26, Inflammation Score:-5, Nutrition Score:8.2526087553605%

Flavonoids

Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 376.76kcal (18.84%), Fat: 14.24g (21.9%), Saturated Fat: 8.72g (54.52%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 51.33g (18.66%), Sugar: 41.24g (45.82%), Cholesterol: 41.76mg (13.92%), Sodium: 62.4mg (2.71%), Alcohol: 4.01g (100%), Alcohol %: 2.38% (100%), Protein: 3.93g (7.85%), Vitamin B6: 0.44mg (21.94%), Manganese: 0.38mg (19.01%), Potassium: 550.48mg (15.73%), Vitamin B2: 0.25mg (14.52%), Fiber: 3.5g (14.01%), Vitamin C: 9.88mg (11.97%), Calcium: 111.64mg (11.16%), Vitamin A: 552.43IU (11.05%), Magnesium: 40.75mg (10.19%), Phosphorus: 98.63mg (9.86%), Vitamin B5: 0.77mg (7.67%), Folate: 25.35µg (6.34%), Copper: 0.11mg (5.53%), Vitamin B12: 0.27µg (4.55%), Zinc: 0.67mg (4.44%), Vitamin B1: 0.06mg (4.19%), Vitamin B3: 0.83mg (4.13%), Selenium: 2.58µg (3.69%), Iron: 0.61mg (3.41%), Vitamin E: 0.51mg (3.37%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.44µg (1.37%)