



## Bananas Foster

 **Gluten Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**463 kcal**

DESSERT

## Ingredients

- 2 tablespoons butter unsalted
- 2 banana peeled
- 1 tablespoon juice of lemon fresh
- 2 tablespoons banana liqueur
- 0.3 cup rum white
- 0.1 teaspoon ground cinnamon
- 1 pint whipped cream
- 0.3 cup t brown sugar dark

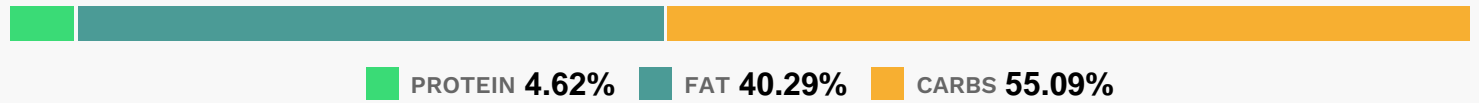
# Equipment

- frying pan

# Directions

- Slice the bananas in half lengthwise and brush with the lemon juice. Melt the butter with the sugar in a flat chafing dish or 10-inch skillet.
- Add the bananas and sauté until just tender.
- Sprinkle with the cinnamon.
- Remove from the heat and add liqueur and rum. Carefully ignite with a long match. Use a large long-handled spoon to baste the bananas with the warm liquid until the flame burns out.
- Divide the ice cream among four dishes. Top each one with a banana half and some of the sauce.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:33.94, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:7.9013043642044%

# Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 463.04kcal (23.15%), Fat: 18.89g (29.07%), Saturated Fat: 11.7g (73.1%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 55.71g (20.26%), Sugar: 48.63g (54.04%), Cholesterol: 67.1mg (22.37%), Sodium: 100.04mg (4.35%), Alcohol: 6.91g (100%), Alcohol %: 3.9% (100%), Protein: 4.88g (9.75%), Vitamin B2: 0.33mg (19.44%), Calcium: 168.31mg (16.83%), Vitamin A: 711.12IU (14.22%), Vitamin B6: 0.28mg (14.06%), Phosphorus: 140.36mg (14.04%), Potassium: 471.02mg (13.46%), Fiber: 2.41g (9.63%), Manganese: 0.19mg (9.6%), Vitamin B5: 0.92mg

(9.15%), Vitamin C: 7.3mg (8.84%), Magnesium: 34.13mg (8.53%), Vitamin B12: 0.47µg (7.89%), Zinc: 0.92mg (6.16%), Folate: 18.82µg (4.7%), Vitamin B1: 0.07mg (4.6%), Copper: 0.08mg (4.24%), Selenium: 2.96µg (4.23%), Vitamin E: 0.58mg (3.89%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.34µg (2.28%), Iron: 0.37mg (2.07%), Vitamin K: 1.16µg (1.1%)