



Bananas Foster



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



642 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana liqueur
- ☐ 4 bananas halved cut in half lengthwise then
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup rum white
- ☐ 4 scoops whipped cream

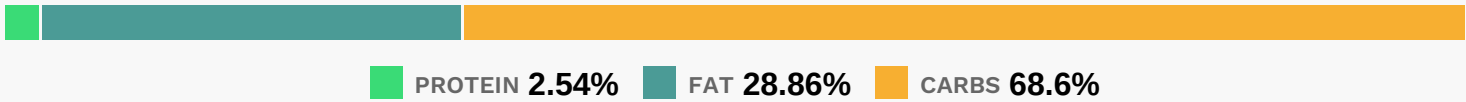
Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Combine the sugar, butter and cinnamon in a flambe pan or skillet.
- ☐ Place the pan over low heat either on an alcohol burner or on top of the stove and cook, stirring, until the sugar dissolves. Stir in the banana liqueur and then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum. Continue to cook the sauce until the rum is hot and then tip the pan slightly to ignite the rum. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:22.28, Inflammation Score:-6, Nutrition Score:9.2060868584591%

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: 641.89kcal (32.09%), Fat: 19.16g (29.47%), Saturated Fat: 11.91g (74.42%), Carbohydrates: 102.44g (34.15%), Net Carbohydrates: 98.78g (35.92%), Sugar: 87.49g (97.22%), Cholesterol: 59.54mg (19.85%), Sodium: 160.78mg (6.99%), Alcohol: 8.75g (100%), Alcohol %: 3.92% (100%), Protein: 3.79g (7.59%), Vitamin B6: 0.49mg (24.41%), Manganese: 0.41mg (20.27%), Potassium: 631.71mg (18.05%), Vitamin B2: 0.25mg (14.71%), Fiber: 3.66g (14.65%), Calcium: 141.94mg (14.19%), Vitamin A: 708.66IU (14.17%), Vitamin C: 10.67mg (12.94%), Magnesium: 46.48mg (11.62%), Phosphorus: 101.63mg (10.16%), Vitamin B5: 0.87mg (8.67%), Folate: 27.89µg (6.97%), Copper: 0.14mg (6.85%), Vitamin B12: 0.28µg (4.69%), Vitamin B3: 0.93mg (4.66%), Selenium: 3.18µg (4.54%), Zinc: 0.67mg (4.48%), Iron: 0.79mg (4.37%), Vitamin B1: 0.07mg (4.35%), Vitamin E: 0.65mg (4.34%), Vitamin K: 1.86µg (1.77%)