



## Bananas Foster

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

DESSERT

### Ingredients

- 3 banana peeled halved lengthwise
- 2 tablespoons candied ginger minced
- 0.5 teaspoon ground cinnamon
- 0.3 cup brown sugar light packed
- 3 tablespoons orange juice dark
- 4 tablespoons butter unsalted
- 1 pint whipped cream

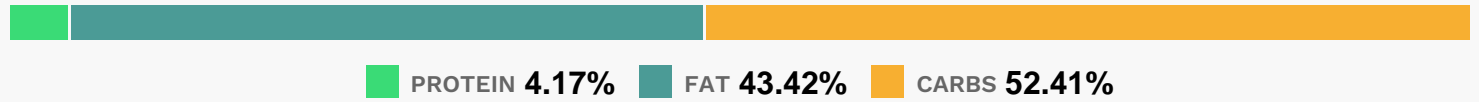
### Equipment

- bowl
- frying pan

## Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add brown sugar, rum, cinnamon, ginger and 1/4 cup water. Cook, stirring, until sugar dissolves, about 1 minute.
- Add bananas and saut until softened, 2 minutes per side.
- Remove from heat and let cool for 2 to 3 minutes.
- Divide ice cream among 4 dessert bowls. Spoon bananas into bowls and drizzle sauce over each.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:43.19, Glycemic Load:27, Inflammation Score:-6, Nutrition Score:10.038695750029%

## 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 498.68kcal (24.93%), Fat: 24.69g (37.98%), Saturated Fat: 15.33g (95.79%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 63.77g (23.19%), Sugar: 54.09g (60.09%), Cholesterol: 82.15mg (27.38%), Sodium: 101.82mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin B2: 0.36mg (21.01%), Vitamin B6: 0.39mg (19.66%), Vitamin A: 930.76IU (18.62%), Vitamin C: 14.79mg (17.93%), Calcium: 174.52mg (17.45%), Potassium: 600.46mg (17.16%), Manganese: 0.3mg (15.16%), Phosphorus: 149.92mg (14.99%), Fiber: 3.29g (13.15%), Magnesium: 43.53mg (10.88%), Vitamin B5: 1.04mg (10.42%), Vitamin B12: 0.49µg (8.09%), Folate: 28.01µg (7%), Zinc: 0.98mg (6.51%), Vitamin B1: 0.09mg (5.88%), Copper: 0.11mg (5.57%), Vitamin E: 0.78mg (5.19%),

Selenium: 3.34µg (4.77%), Vitamin B3: 0.8mg (4.01%), Vitamin D: 0.45µg (2.98%), Iron: 0.48mg (2.68%), Vitamin K: 1.87µg (1.78%)