



## Bananas Foster Biscuit Shortcakes

READY IN



40 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

### Ingredients

- 4 medium banana sliced
- 2 tablespoons brown sugar packed
- 0.3 cup butter
- 16.3 oz biscuits refrigerated pillsbury® canned
- 0.5 cup coconut or shredded flaked
- 0.3 cup granulated sugar
- 1 tablespoon rum extract light (or)
- 1 cup whipping cream

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer

## Directions

- Heat oven to 375°F. In small bowl, mix coconut and granulated sugar.
- Dip tops and sides of biscuits into melted butter, then into coconut mixture. On ungreased large cookie sheet, place biscuits, coconut sides up, 2 inches apart.
- Sprinkle any remaining coconut mixture over tops of biscuits.
- Bake 14 to 18 minutes or until biscuits and coconut are light golden brown. Cool 5 minutes.
- Meanwhile, in 10-inch skillet, melt 1/4 cup butter over medium-high heat; stir in 1/2 cup brown sugar. Cook until brown sugar is dissolved, stirring occasionally.
- Remove from heat; fold in bananas and rum.
- In medium bowl, beat whipped topping ingredients with electric mixer on high speed until stiff peaks form.
- To serve, split warm biscuits. Fill and top with filling and whipped topping.

## Nutrition Facts

  

 PROTEIN **4.41%**  FAT **52.12%**  CARBS **43.47%**

## Properties

Glycemic Index:24.98, Glycemic Load:28.64, Inflammation Score:-6, Nutrition Score:10.603043494017%

## 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 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:

0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 468.66kcal (23.43%), Fat: 27.87g (42.88%), Saturated Fat: 11.02g (68.85%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 49.57g (18.02%), Sugar: 19.54g (21.71%), Cholesterol: 34.2mg (11.4%), Sodium: 621.54mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Phosphorus: 286.01mg (28.6%), Manganese: 0.46mg (23.16%), Selenium: 12.92µg (18.46%), Vitamin B1: 0.27mg (18.33%), Vitamin B2: 0.27mg (16.03%), Vitamin A: 729.98IU (14.6%), Folate: 54.82µg (13.71%), Vitamin B6: 0.26mg (12.93%), Iron: 2.24mg (12.42%), Vitamin B3: 2.38mg (11.9%), Potassium: 393.76mg (11.25%), Fiber: 2.73g (10.94%), Vitamin E: 1.33mg (8.85%), Magnesium: 29.91mg (7.48%), Vitamin C: 5.49mg (6.66%), Copper: 0.12mg (6.04%), Calcium: 56.27mg (5.63%), Vitamin B5: 0.47mg (4.71%), Vitamin K: 3.63µg (3.45%), Zinc: 0.49mg (3.29%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.14µg (2.26%)