



Bananas Foster Gratin

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

READY IN



14 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

Ingredients

- 0.3 cup almond biscotti crushed
- 4 medium size bananas ripe
- 0.3 cup firmly brown sugar light packed
- 2 teaspoons butter
- 1 tablespoon rum dark
- 0.3 teaspoon ground cinnamon
- 4 servings whipped cream
- 3 tablespoons water

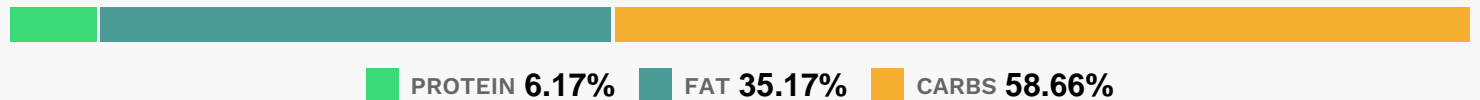
Equipment

- frying pan
- oven
- baking pan

Directions

- Stir together first 4 ingredients in a 10-inch skillet over medium heat; bring to a boil. Reduce heat to medium-low, and simmer, stirring constantly, 2 minutes.
- Remove from heat, and stir in butter.
- Slice bananas diagonally.
- Add to brown sugar mixture in skillet, tossing to coat.
- Spoon banana mixture evenly into 4 lightly greased (1- to 1 1/2-cup) gratin dishes or a shallow, lightly greased 1-qt. baking dish.
- Bake at 450 for 10 minutes or until bubbly.
- Remove from oven, and sprinkle evenly with biscotti crumbs.
- Serve warm with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:22.39, Inflammation Score:-6, Nutrition Score:11.854782749777%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 7.35mg, Catechin: 7.35mg, Catechin: 7.35mg, Catechin: 7.35mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 389.78kcal (19.49%), Fat: 15.62g (24.04%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 53.56g (19.48%), Sugar: 42.25g (46.94%), Cholesterol: 34.42mg (11.47%), Sodium: 74.64mg (3.25%), Alcohol: 1.25g (100%), Alcohol %: 0.7% (100%), Protein: 6.17g (12.33%), Manganese: 0.63mg (31.37%), Vitamin B6: 0.49mg (24.35%), Vitamin E: 3.43mg (22.85%), Vitamin B2: 0.38mg (22.44%), Fiber: 5.09g (20.34%), Potassium: 660.63mg (18.88%), Magnesium: 74.75mg (18.69%), Phosphorus: 153.96mg (15.4%), Calcium: 136.04mg (13.6%), Vitamin C: 10.67mg (12.93%), Copper: 0.24mg (11.97%), Vitamin B5: 0.85mg (8.55%), Vitamin A: 416.34IU (8.33%), Folate: 32.36µg (8.09%), Zinc: 1.02mg (6.77%), Vitamin B3: 1.31mg (6.55%), Vitamin B1: 0.09mg (5.9%), Iron: 0.92mg (5.1%), Vitamin B12: 0.26µg (4.36%), Selenium: 3.05µg (4.36%)