



Bananas Foster Ice-Cream Pastry

READY IN



15 min.

SERVINGS



4

CALORIES



1223 kcal

DESSERT

Ingredients

- 4 bananas cut into 1/3-inch-thick slices
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter
- 0.5 teaspoon ground cinnamon
- 1 tablespoon orange juice
- 0.5 cup pecans chopped
- 17.3 oz puff pastry sheets frozen thawed
- 1 pinch salt
- 1 teaspoon vanilla extract

- 4 servings whipped cream

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat oven to 350
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes.
- Remove from oven, and increase oven temperature to 400
- Unfold 1 puff pastry sheet on a lightly floured surface.
- Roll into a 10-inch square, carefully smoothing creases.
- Cut into 4 (4- to 5-inch) circles using a cutter.
- Place on a parchment paper-lined baking sheet.
- Bake at 400 for 10 to 15 minutes or until golden brown and puffed.
- Heat butter and sugar in large nonstick skillet over low heat 2 minutes or until sugar is melted.
- Add orange juice, next 3 ingredients, and 1 Tbsp. water to skillet. Cook, whisking constantly, 2 minutes or until mixture is blended and smooth.
- Add bananas, and cook 1 minute.
- Arrange pastry rounds on serving plates. Top each with about 1/2 cup banana mixture and 1/2 cup ice cream.
- Drizzle with any remaining sauce.
- Sprinkle with toasted pecans, and serve immediately.
- *Frozen puff pastry shells may be substituted for frozen puff pastry sheets.

Nutrition Facts



■ PROTEIN 4.49% ■ FAT 54.63% ■ CARBS 40.88%

Properties

Glycemic Index:72.19, Glycemic Load:52.5, Inflammation Score:-7, Nutrition Score:23.178261067556%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1223.01kcal (61.15%), Fat: 75.69g (116.45%), Saturated Fat: 24.57g (153.58%), Carbohydrates: 127.43g (42.48%), Net Carbohydrates: 120.61g (43.86%), Sugar: 57.01g (63.34%), Cholesterol: 59.54mg (19.85%), Sodium: 468.06mg (20.35%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 13.99g (27.98%), Manganese: 1.6mg (79.98%), Selenium: 33.04µg (47.2%), Vitamin B1: 0.65mg (43.08%), Vitamin B2: 0.62mg (36.26%), Folate: 127.53µg (31.88%), Vitamin B3: 6.19mg (30.96%), Fiber: 6.82g (27.27%), Vitamin B6: 0.53mg (26.66%), Iron: 4.08mg (22.66%), Copper: 0.43mg (21.34%), Phosphorus: 212.02mg (21.2%), Vitamin K: 22.08µg (21.03%), Potassium: 735.48mg (21.01%), Magnesium: 80.7mg (20.18%), Vitamin C: 12.95mg (15.69%), Vitamin A: 726.02IU (14.52%), Calcium: 141.5mg (14.15%), Zinc: 1.93mg (12.86%), Vitamin E: 1.51mg (10.04%), Vitamin B5: 0.96mg (9.56%), Vitamin B12: 0.28µg (4.69%)