



Bananas Foster Ice Cream Pastry

READY IN



60 min.

SERVINGS



4

CALORIES



817 kcal

DESSERT

Ingredients

- 1 sheet puff pastry frozen thawed (from 17.3-oz package)
- 0.3 cup butter
- 0.5 cup brown sugar packed
- 1 tablespoon orange juice
- 1 tablespoon water
- 1 teaspoon vanilla
- 0.5 teaspoon ground cinnamon
- 1 Dash salt
- 4 banana cut into 1/3-inch-thick slices

- 1 cup whipped cream
- 0.5 cup pecans toasted chopped

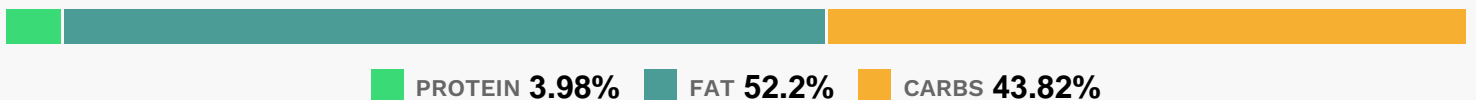
Equipment

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

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper. On lightly floured surface, unfold pastry sheet.
- Roll into 10-inch square, carefully smoothing creases. Using 4- to 5-inch round cutter, cut out 4 rounds.
- Place on cookie sheet.
- Bake 10 to 15 minutes or until golden brown and puffed.
- In 10-inch skillet, cook butter and brown sugar over low heat 2 minutes or until sugar is melted. Stir in orange juice, water, vanilla, cinnamon and salt. Cook 2 minutes, stirring constantly with whisk, until mixture is blended and smooth.
- Add bananas; cook 1 minute. 4
- Place pastry rounds on serving plates. Top each with about 1/2 cup banana mixture and 1/4 cup ice cream.
- Drizzle with any remaining sauce.
- Sprinkle with toasted pecans; serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.19, Glycemic Load:32.91, Inflammation Score:-7, Nutrition Score:16.419130395288%

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: 816.6kcal (40.83%), Fat: 48.68g (74.9%), Saturated Fat: 16.42g (102.6%), Carbohydrates: 91.97g (30.66%), Net Carbohydrates: 86.3g (31.38%), Sugar: 49.56g (55.07%), Cholesterol: 45.02mg (15.01%), Sodium: 289.05mg (12.57%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 8.36g (16.71%), Manganese: 1.3mg (64.87%), Vitamin B1: 0.39mg (25.9%), Vitamin B6: 0.5mg (25.22%), Selenium: 17.6µg (25.14%), Fiber: 5.67g (22.67%), Vitamin B2: 0.36mg (21.38%), Folate: 78.01µg (19.5%), Potassium: 632.37mg (18.07%), Vitamin B3: 3.6mg (17.98%), Copper: 0.35mg (17.5%), Magnesium: 66.3mg (16.58%), Vitamin C: 12.75mg (15.45%), Phosphorus: 140.55mg (14.05%), Iron: 2.48mg (13.77%), Vitamin A: 586.48IU (11.73%), Vitamin K: 12.1µg (11.53%), Calcium: 93.23mg (9.32%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 1.08mg (7.17%), Vitamin B12: 0.15µg (2.55%)