

Bananas Foster II



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



648 kcal

DESSERT

Ingredients

- 3 banana peeled sliced lengthwise
- 0.3 cup butter
- 0.7 cup t brown sugar dark
- 0.5 teaspoon ground cinnamon
- 3.5 tablespoons rum
- 1.5 teaspoons vanilla extract
- 1 pint whipped cream
- 0.3 cup walnut pieces coarsely chopped

Equipment

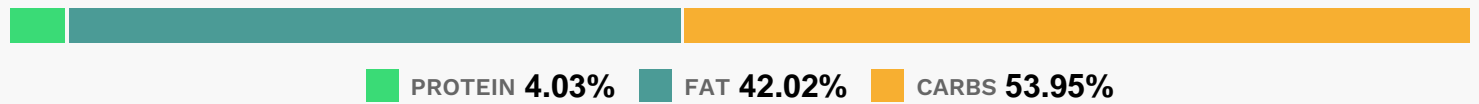
frying pan

Directions

In a large, deep skillet over medium heat, melt butter. Stir in sugar, rum, vanilla and cinnamon. When mixture begins to bubble, place bananas and walnuts in pan. Cook until bananas are hot, 1 to 2 minutes.

Serve at once over vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:11.411304302838%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 647.77kcal (32.39%), Fat: 29.58g (45.51%), Saturated Fat: 15.87g (99.21%), Carbohydrates: 85.47g (28.49%), Net Carbohydrates: 81.72g (29.71%), Sugar: 71.84g (79.82%), Cholesterol: 82.55mg (27.52%), Sodium: 197.45mg (8.58%), Alcohol: 4.9g (100%), Alcohol %: 2.22% (100%), Protein: 6.39g (12.78%), Manganese: 0.57mg (28.55%), Vitamin B6: 0.44mg (21.86%), Vitamin B2: 0.37mg (21.55%), Calcium: 199.52mg (19.95%), Potassium: 640.21mg (18.29%), Vitamin A: 911.4IU (18.23%), Phosphorus: 174.63mg (17.46%), Fiber: 3.75g (15.01%), Magnesium: 55.92mg (13.98%), Copper: 0.23mg (11.72%), Vitamin B5: 1.09mg (10.9%), Vitamin C: 8.51mg (10.32%), Vitamin B12: 0.49µg (8.09%), Zinc: 1.21mg (8.07%), Folate: 31.59µg (7.9%), Vitamin B1: 0.1mg (6.84%), Selenium: 3.96µg (5.66%), Vitamin E: 0.83mg (5.53%), Iron: 0.84mg (4.67%), Vitamin B3: 0.87mg (4.33%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.24µg (1.58%)