



Bananas Foster Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

DESSERT

Ingredients

- 2 tablespoons apple juice unsweetened
- 2 large banana ripe
- 6 tablespoons t brown sugar dark
- 0.3 cup pecans toasted chopped
- 2 cups greek yogurt plain 2% reduced-fat
- 0.3 teaspoon salt
- 1 tablespoon butter unsalted

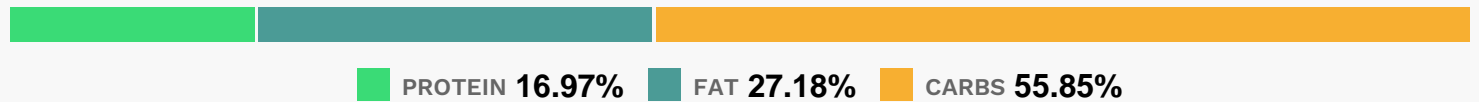
Equipment

frying pan

Directions

- Peel bananas, and cut each banana in half lengthwise.
- Cut each half into 3 pieces.
- Combine sugar and next 3 ingredients in a nonstick skillet. Cook over medium–low heat 3 minutes or until sugar mixture begins to bubble.
- Add bananas to pan; cook 2 minutes or until bananas begin to soften.
- Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon pecans.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:7.89, Inflammation Score:-3, Nutrition Score:8.9543479564397%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 265.54kcal (13.28%), Fat: 8.35g (12.84%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.16g (13.15%), Sugar: 30.02g (33.36%), Cholesterol: 12.52mg (4.18%), Sodium: 187.75mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Manganese: 0.52mg (25.84%), Vitamin B2: 0.34mg (20.12%), Phosphorus: 171.92mg (17.19%), Vitamin B6: 0.34mg (16.84%), Selenium: 11.1µg (15.85%), Calcium: 135.64mg (13.56%), Potassium: 444.76mg (12.71%), Vitamin B12: 0.71µg (11.77%), Magnesium: 39.67mg (9.92%), Fiber: 2.44g (9.75%), Copper: 0.16mg (8.09%), Vitamin C: 6.06mg (7.34%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.95mg (6.34%), Vitamin B1: 0.09mg (5.99%), Folate: 22.38µg (5.6%), Vitamin B3: 0.77mg (3.85%), Iron: 0.56mg (3.1%), Vitamin A: 138.88IU (2.78%), Vitamin E: 0.26mg (1.7%)