



Bananas Foster Punch

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 bananas ripe peeled cut into 2-inch pieces
- ☐ 2 cups whipped cream light melted
- ☐ 1.8 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 0.3 cup gold rum
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon water

☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

☐ sauce pan

☐ blender

Directions

☐ Heat milk over medium-high heat in a medium saucepan to 180 or until tiny bubbles form around edge (do not boil).

☐ Remove from heat; keep warm.

☐ Combine sugar and 1 tablespoon water in a large, heavy saucepan over medium-high heat, and cook until sugar dissolves, stirring as needed to dissolve sugar evenly (about 2 minutes). Continue cooking for 2 minutes or until golden (do not stir).

☐ Carefully add hot milk to caramelized sugar in a slow, steady stream (mixture will bubble vigorously), stirring until sugar dissolves.

☐ Add bananas. Cover, reduce heat, and simmer 5 minutes.

☐ Remove from heat; cool 10 minutes.

☐ Place half of milk mixture, ice cream, rum, salt, and 1/8 teaspoon nutmeg in a blender.

☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.

☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

☐ Pour into a large pitcher. Repeat procedure with remaining milk mixture. Cover and refrigerate 6 hours or up to overnight. Top with whipped topping and grated nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:11.63, Inflammation Score:-3, Nutrition Score:4.5030434624009%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.52kcal (8.63%), Fat: 3.6g (5.54%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.87g (9.77%), Sugar: 21.96g (24.4%), Cholesterol: 14.48mg (4.83%), Sodium: 128.96mg (5.61%), Alcohol: 2.51g (100%), Alcohol %: 2.27% (100%), Protein: 3.98g (7.97%), Vitamin B2: 0.22mg (12.92%), Calcium: 128.15mg (12.82%), Phosphorus: 96.96mg (9.7%), Vitamin B12: 0.46µg (7.69%), Potassium: 262.06mg (7.49%), Vitamin B6: 0.15mg (7.3%), Vitamin A: 245.28IU (4.91%), Magnesium: 19.37mg (4.84%), Vitamin B5: 0.47mg (4.65%), Manganese: 0.09mg (4.57%), Zinc: 0.58mg (3.86%), Vitamin C: 3.13mg (3.79%), Selenium: 2.5µg (3.57%), Fiber: 0.89g (3.55%), Vitamin B1: 0.05mg (3.39%), Folate: 10.93µg (2.73%), Copper: 0.04mg (1.79%), Vitamin B3: 0.3mg (1.51%)