



Bananas Foster Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana liqueur
- ☐ 4 banana peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup rum light

Equipment

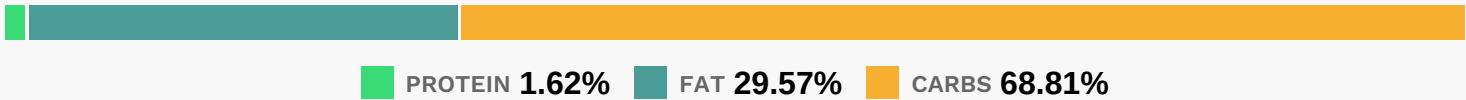
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large skillet; cook over medium heat, stirring constantly, until bubbly.
- ☐ Add bananas, and cook 2 to 3 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Heat rum in a small saucepan over medium heat (do not boil). Quickly pour rum over banana mixture, and immediately ignite with a long match just above the liquid mixture to light the fumes (not the liquid itself).
- ☐ Let flames die down; serve immediately with Buttered Rum Pound Cake.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:6.53, Inflammation Score:-4, Nutrition Score:3.1439130017939%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.19kcal (10.76%), Fat: 5.91g (9.09%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.35g (10.67%), Sugar: 24.36g (27.07%), Cholesterol: 0mg (0%), Sodium: 71.44mg (3.11%), Alcohol: 5.83g (100%), Alcohol %: 7.41% (100%), Protein: 0.73g (1.45%), Vitamin B6: 0.22mg (11.15%), Manganese: 0.18mg (9.04%), Potassium: 232.96mg (6.66%), Fiber: 1.57g (6.27%), Vitamin C: 5.15mg (6.24%), Vitamin A: 291.69IU (5.83%), Magnesium: 17.42mg (4.35%), Folate: 12.01µg (3%), Copper: 0.05mg (2.74%), Vitamin B2: 0.05mg (2.71%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.28mg (1.87%), Calcium: 17.12mg (1.71%), Phosphorus: 15.6mg (1.56%), Iron: 0.26mg (1.45%), Vitamin B1: 0.02mg (1.31%), Selenium: 0.76µg (1.08%)