



Bananas Foster Sundae

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1 medium banana sliced
- ☐ 1 tablespoon butter
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 cups whipped cream light softened
- ☐ 1.4 ounce chocolate-covered toffee bar english chopped such as Skor
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 tablespoons water

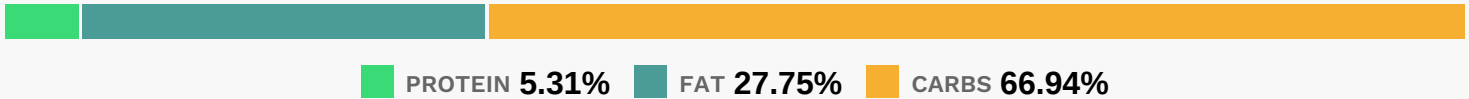
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine ice cream and chopped toffee bar in a bowl; stir well, and freeze until firm.
- ☐ Meanwhile, melt butter in a medium nonstick skillet over medium heat. Stir in brown sugar and water. Cook 1 minute or until sugar dissolves and mixture begins to thicken, stirring constantly.
- ☐ Add banana and vanilla; cook 1 minute, stirring to coat banana.
- ☐ Serve banana sauce over ice cream.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:11.25, Inflammation Score:-3, Nutrition Score:4.8508696219195%

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: 311.62kcal (15.58%), Fat: 9.84g (15.13%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 52.17g (18.97%), Sugar: 44.21g (49.12%), Cholesterol: 30.33mg (10.11%), Sodium: 119.2mg (5.18%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.24g (8.47%), Calcium: 140.64mg (14.06%), Vitamin B2: 0.22mg (12.75%), Vitamin A: 446.83IU (8.94%), Phosphorus: 86.36mg (8.64%), Potassium: 289.28mg (8.27%), Vitamin B6: 0.15mg (7.51%), Vitamin B12: 0.36µg (6.05%), Magnesium: 20.43mg (5.11%), Vitamin B5: 0.49mg (4.92%), Fiber: 1.23g (4.9%), Manganese: 0.1mg (4.79%), Vitamin C: 3.48mg (4.22%), Zinc: 0.61mg (4.06%), Vitamin B1: 0.05mg (3.31%), Selenium: 2.07µg (2.96%), Folate: 10.75µg (2.69%), Copper: 0.05mg (2.3%), Iron: 0.35mg (1.96%), Vitamin B3: 0.32mg (1.61%), Vitamin E: 0.2mg (1.35%)