



Bananas Foster with Ice Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



250 kcal

DESSERT

Ingredients

- 2 banana cut into chunks
- 0.5 cup mrs richardson's butterscotch caramel sauce fat-free
- 2 teaspoons rum extract dark
- 2 cups vanilla ice cream low-fat

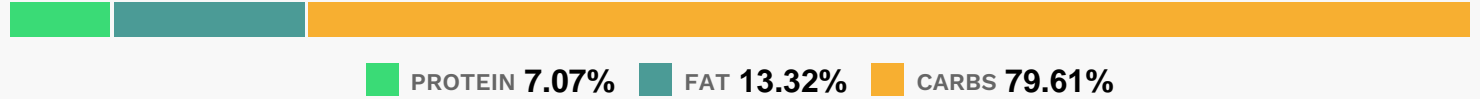
Equipment

- bowl
- microwave

Directions

- In small microwavable bowl, mix caramel topping and rum. Microwave uncovered on High 30 seconds or until very warm. Stir in bananas.
- Scoop ice cream into dessert dishes; top with banana mixture.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:6.011739121831%

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: 250.33kcal (12.52%), Fat: 3.87g (5.95%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 50.21g (18.26%), Sugar: 40.1g (44.55%), Cholesterol: 20.52mg (6.84%), Sodium: 153.16mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin B2: 0.24mg (13.93%), Calcium: 139.15mg (13.92%), Vitamin B6: 0.25mg (12.54%), Potassium: 387.95mg (11.08%), Phosphorus: 102.28mg (10.23%), Manganese: 0.18mg (8.86%), Vitamin A: 403.67IU (8.07%), Vitamin C: 6.19mg (7.5%), Fiber: 1.76g (7.05%), Magnesium: 27.98mg (7%), Vitamin B12: 0.41µg (6.8%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.64mg (4.29%), Folate: 16.92µg (4.23%), Vitamin B1: 0.06mg (3.9%), Selenium: 2.48µg (3.54%), Copper: 0.06mg (2.95%), Vitamin B3: 0.5mg (2.48%), Iron: 0.3mg (1.65%), Vitamin E: 0.16mg (1.1%)