



Bananas Sequeira

 **Gluten Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large bananas firm peeled sliced in half lengthwise and then again across the middle (slightly unripe is best)
- 1 cardamom pod green crushed
- 1 cinnamon sticks
- 4 servings sea salt for sprinkling
- 2 tablespoons coconut flakes toasted for sprinkling, optional
- 2 teaspoons malibu coconut rum such as malibu, optional
- 4 servings coconut ice cream
- 4 servings kosher salt

- 0.3 cup brown sugar light
- 0.3 cup spiced rum (around 80 proof)
- 4 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven

Directions

- First, be safe: tie your hair back, roll up long sleeves, keep a large lid handy and a fire extinguisher handy too, if you have one.
- Pour the coconut rum, if using, and the spiced rum into separate bowls. Never pour alcohol into the hot pan straight from the bottle or the whole thing could go up in flames. Be prepared!
- Have four bowls of ice cream ready to go.
- Place a medium stainless steel skillet over medium-high heat.
- Add the butter, brown sugar, a pinch of kosher salt, cinnamon stick, cloves and cardamom pod. Stir until a sauce forms.
- Place the bananas cut-side down in the sauce and cook until caramelized, about 2 minutes each side. If desired, pull the cinnamon stick, cloves and cardamom pod from the pan now.
- When the sauce starts to foam, pull the pan off the heat and sprinkle in the coconut rum. Return the pan to the heat and cook for 30 seconds.
- Once again pull the pan off the heat and pour the spiced rum into the pan. Using a long gas lighter, light the contents of the pan away from the heat; it should immediately light up. Return the pan to the heat, reduce the heat to a simmer and cook until the flames go out.
- Place two pieces of banana in each bowl of ice cream and divide the sauce among the bowls.
- Sprinkle with the coconut flakes and a little sea salt over the top and serve!

Nutrition Facts



■ PROTEIN 3.6% ■ FAT 48.15% ■ CARBS 48.25%

Properties

Glycemic Index:35.19, Glycemic Load:16.77, Inflammation Score:-5, Nutrition Score:7.7600000319274%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 404.64kcal (20.23%), Fat: 20.5g (31.53%), Saturated Fat: 13.19g (82.41%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 42.97g (15.63%), Sugar: 35.84g (39.82%), Cholesterol: 59.14mg (19.71%), Sodium: 447.7mg (19.47%), Alcohol: 5.01g (100%), Alcohol %: 3.45% (100%), Protein: 3.45g (6.89%), Manganese: 0.56mg (28.17%), Vitamin B6: 0.3mg (14.87%), Vitamin A: 673.82IU (13.48%), Fiber: 3.24g (12.97%), Vitamin B2: 0.22mg (12.77%), Potassium: 419.75mg (11.99%), Calcium: 114.22mg (11.42%), Phosphorus: 95.37mg (9.54%), Magnesium: 33.05mg (8.26%), Vitamin C: 6.49mg (7.86%), Vitamin B5: 0.67mg (6.67%), Copper: 0.11mg (5.26%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.68mg (4.56%), Folate: 17.74µg (4.43%), Vitamin E: 0.62mg (4.15%), Selenium: 2.66µg (3.81%), Vitamin B1: 0.05mg (3.49%), Iron: 0.57mg (3.18%), Vitamin B3: 0.58mg (2.92%), Vitamin D: 0.34µg (2.28%), Vitamin K: 1.8µg (1.71%)