



Bananas with Caramel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 4 large bananas ripe
- ☐ 75 g brown sugar soft
- ☐ 75 g dairy-free margarine
- ☐ 3 tablespoons golden syrup
- ☐ 3 drops juice of lemon

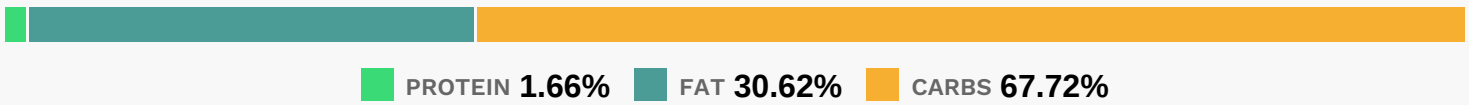
Equipment

- ☐ sauce pan

Directions

- ☐ Peel the bananas and place each onto a dessert plate.
- ☐ Put the margarine, sugar and syrup into a saucepan and heat gently until melted.Bring to the boil, then reduce the temperature and simmer for 2 minutes or until it starts to thicken.
- ☐ Remove from the heat, stir in the lemon juice and immediately pour the sauce over the bananas.
- ☐ Serve with dairy-free ice cream.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:23.28, Inflammation Score:-6, Nutrition Score:8.3382608320402%

Flavonoids

Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 354.57kcal (17.73%), Fat: 12.57g (19.34%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 59.01g (21.46%), Sugar: 47.87g (53.19%), Cholesterol: 0mg (0%), Sodium: 127.74mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin B6: 0.51mg (25.36%), Vitamin E: 3.76mg (25.09%), Manganese: 0.38mg (18.96%), Vitamin A: 803.15IU (16.06%), Potassium: 517.84mg (14.8%), Vitamin C: 12.12mg (14.69%), Fiber: 3.54g (14.15%), Vitamin K: 11.09µg (10.56%), Magnesium: 38.45mg (9.61%), Folate: 27.54µg (6.88%), Vitamin B2: 0.1mg (5.85%), Copper: 0.12mg (5.75%), Vitamin B5: 0.48mg (4.8%), Vitamin B3: 0.93mg (4.63%), Phosphorus: 31.48mg (3.15%), Vitamin B1: 0.04mg (2.82%), Iron: 0.49mg (2.71%), Selenium: 1.59µg (2.27%), Calcium: 22.41mg (2.24%), Zinc: 0.21mg (1.4%)