



Bourbon Bananas Foster

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon banana liqueur
- ☐ 0.3 cup bourbon
- ☐ 0.3 cup brown sugar dark
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 under-ripe bananas quartered
- ☐ 2 tablespoons butter unsalted

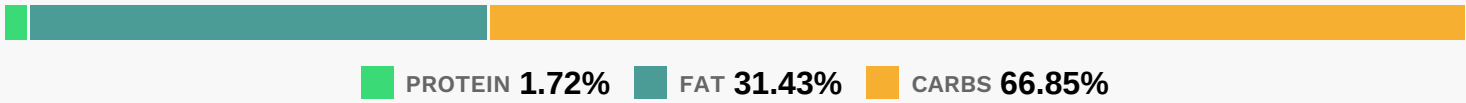
Equipment

- ☐ frying pan

Directions

- ☐ Put the bananas in a 10-inch heavy skillet with the butter, brown sugar, liqueur and nutmeg and set over high heat. Once the sugar starts to dissolve, begin spooning the sauce over the bananas, flipping them after 1 minute.
- ☐ Remove from the heat when the sauce begins to thicken and bubble. Carefully pour the bourbon into the pan and ignite with a long match or stick lighter. Continue to cook until the flames die out and the sauce coats the back of a spoon.
- ☐ Serve immediately with ice cream, waffles or crepes.

Nutrition Facts



Properties

Glycemic Index:69.89, Glycemic Load:13.16, Inflammation Score:-5, Nutrition Score:6.2800000141496%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 409.41kcal (20.47%), Fat: 11.93g (18.35%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 53.91g (19.6%), Sugar: 44.14g (49.05%), Cholesterol: 30.1mg (10.03%), Sodium: 10.8mg (0.47%), Alcohol: 11.92g (100%), Alcohol %: 7.65% (100%), Protein: 1.47g (2.93%), Vitamin B6: 0.45mg (22.29%), Manganese: 0.36mg (17.83%), Potassium: 464.73mg (13.28%), Fiber: 3.17g (12.69%), Vitamin C: 10.28mg (12.46%), Magnesium: 35.53mg (8.88%), Vitamin A: 425.89IU (8.52%), Folate: 24.67µg (6.17%), Copper: 0.12mg (5.93%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.83mg (4.16%), Calcium: 33.01mg (3.3%), Phosphorus: 32.69mg (3.27%), Iron: 0.53mg (2.96%), Vitamin E: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.72%), Selenium: 1.66µg (2.37%), Vitamin K: 1.57µg (1.5%), Zinc: 0.22mg (1.47%), Vitamin D: 0.21µg (1.4%)