



## Brandied Bananas

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



148 kcal

BEVERAGE

DRINK

### Ingredients

- 2 medium bananas sliced
- 1 tablespoon brandy
- 1 tablespoon butter
- 1 tablespoon blackstrap molasses
- 0.3 cup pecans chopped

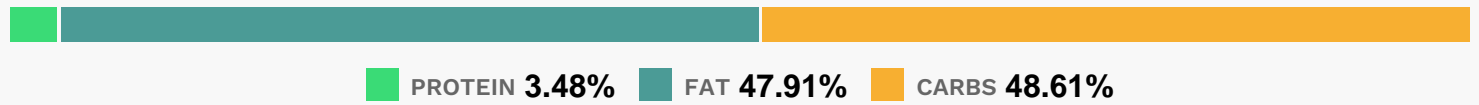
### Equipment

- frying pan

## Directions

- In a medium skillet, melt butter over high heat; add pecans and stir 1 minute to lightly toast nuts. Stir in bananas and molasses; cook 1 minute.
- Add brandy and cook another 2 to 3 minutes.
- Remove from heat and serve immediately, or pour into covered container and refrigerate. If refrigerated, when ready to serve; bring topping to room temperature or gently warm over low heat.

## Nutrition Facts



## Properties

Glycemic Index:43.44, Glycemic Load:8.2, Inflammation Score:-3, Nutrition Score:5.0578260774846%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 147.84kcal (7.39%), Fat: 7.94g (12.22%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 15.95g (5.8%), Sugar: 11.21g (12.45%), Cholesterol: 7.53mg (2.51%), Sodium: 24.98mg (1.09%), Alcohol: 1.25g (100%), Alcohol %: 2.03% (100%), Protein: 1.3g (2.6%), Manganese: 0.54mg (27.15%), Vitamin B6: 0.26mg (13.22%), Magnesium: 36.34mg (9.09%), Potassium: 313.07mg (8.94%), Fiber: 2.19g (8.75%), Copper: 0.15mg (7.65%), Vitamin C: 5.21mg (6.31%), Vitamin B1: 0.07mg (4.38%), Phosphorus: 34.39mg (3.44%), Folate: 13.4µg (3.35%), Vitamin B2: 0.05mg (3.14%), Iron: 0.56mg (3.13%), Vitamin B5: 0.3mg (3%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.52mg (2.6%), Vitamin A: 129.04IU (2.58%), Selenium: 1.77µg (2.53%), Calcium: 18.81mg (1.88%), Vitamin E: 0.24mg (1.57%)