



Brennan's Bananas Foster



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



564 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana liqueur
- ☐ 4 medium size bananas ripe
- ☐ 0.5 cup butter
- ☐ 1 Dash ground cinnamon
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup rum
- ☐ 6 servings whipped cream

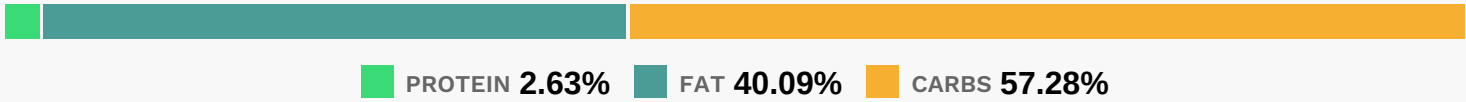
Equipment

☐ frying pan

Directions

- ☐ Cut bananas in half crosswise, then lengthwise.Melt butter in a large skillet over medium heat.
- ☐ Add brown sugar, and cook, stirring constantly, 2 minutes.
- ☐ Add bananas to skillet, and sprinkle with cinnamon.
- ☐ Remove skillet from heat. Stir in liqueur and rum, and carefully ignite the fumes just above mixture with a long match.
- ☐ Let flames die down. Return to heat, and cook 3 to 4 minutes or until soft.
- ☐ Serve over ice cream.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:17.93, Inflammation Score:-6, Nutrition Score:7.3813043780949%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 564.38kcal (28.22%), Fat: 22.86g (35.17%), Saturated Fat: 14.29g (89.33%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 70.9g (25.78%), Sugar: 63g (70%), Cholesterol: 69.71mg (23.24%), Sodium: 185.7mg (8.07%), Alcohol: 9.17g (100%), Alcohol %: 5.05% (100%), Protein: 3.38g (6.76%), Vitamin B6: 0.34mg (16.82%), Vitamin A: 801.43IU (16.03%), Manganese: 0.27mg (13.69%), Potassium: 467.39mg (13.35%), Vitamin B2: 0.22mg (13.13%), Calcium: 125.06mg (12.51%), Fiber: 2.6g (10.38%), Phosphorus: 93.52mg (9.35%), Vitamin C: 7.25mg (8.78%), Magnesium: 34.26mg (8.56%), Vitamin B5: 0.72mg (7.16%), Folate: 19.98µg (4.99%), Copper: 0.1mg (4.93%), Vitamin B12: 0.29µg (4.83%), Vitamin E: 0.72mg (4.8%), Zinc: 0.61mg (4.08%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.05mg (3.58%), Vitamin B3: 0.65mg (3.26%), Iron: 0.55mg (3.06%), Vitamin K: 1.97µg (1.87%)