



Brown Sugar Bananas

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 4 medium bananas peeled sliced
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 0.5 cup whipping cream

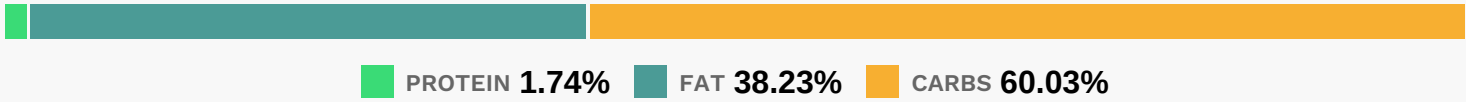
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add sliced bananas and next 3 ingredients; saut mixture 5 minutes or until the sugar melts.
Top banana mixture with whipped cream and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:15.31, Inflammation Score:-5, Nutrition Score:7.9113043261611%

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: 364.13kcal (18.21%), Fat: 16.03g (24.66%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 54.13g (19.69%), Sugar: 45.35g (50.38%), Cholesterol: 22.41mg (7.47%), Sodium: 112.99mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Manganese: 0.9mg (45.23%), Vitamin B2: 0.44mg (25.86%), Vitamin B6: 0.31mg (15.27%), Vitamin A: 680.71IU (13.61%), Potassium: 402.7mg (11.51%), Fiber: 2.48g (9.94%), Vitamin C: 6.99mg (8.47%), Magnesium: 32.1mg (8.03%), Calcium: 66.39mg (6.64%), Folate: 16.92µg (4.23%), Copper: 0.08mg (4.16%), Vitamin E: 0.56mg (3.72%), Phosphorus: 35.37mg (3.54%), Vitamin B5: 0.35mg (3.51%), Vitamin B1: 0.05mg (3.17%), Selenium: 2.18µg (3.11%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.39mg (2.58%), Iron: 0.45mg (2.51%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.08µg (1.03%)