



Browned Butter Bananas with Orange-Brandy Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium bananas
- ☐ 1 tablespoon brandy
- ☐ 3 tablespoons brown sugar divided
- ☐ 1.5 tablespoons butter
- ☐ 2 cups whipped cream low-fat
- ☐ 2 tablespoons orange juice concentrate thawed
- ☐ 0.1 teaspoon salt

☐ 1 tablespoon water

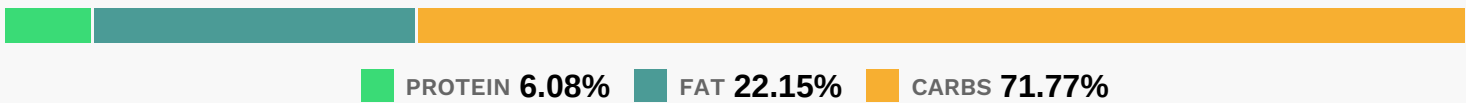
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel bananas, and cut bananas in half lengthwise.
- ☐ Cut each half crosswise into 2 pieces.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add butter to pan, swirling to coat. Cook butter 1 minute or until lightly browned.
- ☐ Add bananas; saut 1 minute or until browned and tender, turning once.
- ☐ Add 1 tablespoon sugar, stirring gently until sugar dissolves.
- ☐ Place bananas in a medium bowl.
- ☐ Combine remaining 2 tablespoons sugar, juice concentrate, brandy, 1 tablespoon water, and salt in pan. Bring to a simmer; cook 1 minute.
- ☐ Drizzle sauce over bananas.
- ☐ Serve immediately over ice cream.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:21.05, Inflammation Score:-6, Nutrition Score:9.6199999684873%

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

Nutrients (% of daily need)

Calories: 333.27kcal (16.66%), Fat: 8.34g (12.83%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 57.39g (20.87%), Sugar: 42.12g (46.8%), Cholesterol: 31.81mg (10.6%), Sodium: 167.11mg (7.27%), Alcohol: 1.25g (100%), Alcohol %: 0.71% (100%), Protein: 5.15g (10.3%), Vitamin C: 21.9mg (26.54%), Vitamin B6: 0.49mg (24.52%), Potassium: 640.34mg (18.3%), Vitamin B2: 0.29mg (17.34%), Manganese: 0.33mg (16.63%), Calcium: 139.96mg (14%), Fiber: 3.37g (13.48%), Magnesium: 46.04mg (11.51%), Vitamin A: 575.22IU (11.5%), Phosphorus: 110.52mg (11.05%), Folate: 34.1µg (8.53%), Vitamin B5: 0.82mg (8.19%), Vitamin B1: 0.1mg (6.51%), Vitamin B12: 0.37µg (6.1%), Copper: 0.12mg (5.75%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.98mg (4.91%), Selenium: 2.89µg (4.13%), Iron: 0.54mg (3.01%), Vitamin E: 0.38mg (2.5%), Vitamin K: 1.29µg (1.23%)