



Browned Butter Bananas with Toasted Pecans

 Vegetarian  Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 banana cut in half crosswise and lengthwise
- ☐ 3 tablespoons butter
- ☐ 1 Dash ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons rum dark light
- ☐ 2 tablespoons milk
- ☐ 0.5 cup pecans toasted

☐ 0.5 cup powdered sugar

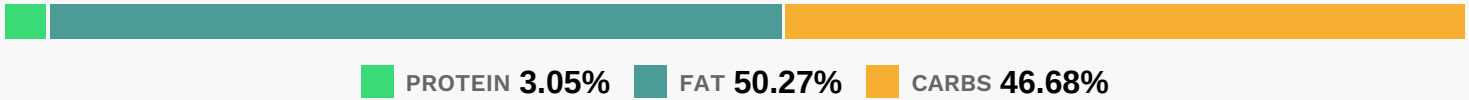
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Add milk, rum, and lemon zest; stir until smooth. Set aside.
- ☐ Melt butter in a large skillet over medium-low heat. Cook 5 minutes, swirling pan until butter just starts to turn golden.
- ☐ Place bananas in butter, cut sides down, and cook 2 minutes. Turn bananas, and cook 1 minute. Divide bananas evenly among 4 serving plates.
- ☐ Pour reserved powdered sugar mixture into same skillet. Increase heat to medium; cook 2 minutes, stirring frequently.
- ☐ Remove pan from heat; stir in pecan halves.
- ☐ Pour sauce evenly over bananas; top with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:9.99, Inflammation Score:-4, Nutrition Score:7.7199999534565%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 6.29mg, Catechin: 6.29mg, Catechin: 6.29mg, Catechin: 6.29mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg 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: 320.67kcal (16.03%), Fat: 17.96g (27.64%), Saturated Fat: 6.4g (40.01%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 33.84g (12.31%), Sugar: 26.35g (29.28%), Cholesterol: 23.48mg (7.82%), Sodium: 71.68mg (3.12%), Alcohol: 2.51g (100%), Alcohol %: 2.23% (100%), Protein: 2.45g (4.91%), Manganese: 0.85mg (42.44%), Vitamin B6: 0.36mg (17.85%), Fiber: 3.68g (14.73%), Copper: 0.22mg (11.08%), Potassium: 383.94mg (10.97%), Vitamin C: 8.5mg (10.3%), Magnesium: 40.26mg (10.07%), Vitamin B1: 0.11mg (7.65%), Vitamin A: 339.1IU (6.78%), Phosphorus: 64.41mg (6.44%), Vitamin B2: 0.1mg (5.78%), Folate: 20.82µg (5.2%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.44mg (4.44%), Vitamin B3: 0.75mg (3.76%), Vitamin E: 0.52mg (3.44%), Iron: 0.59mg (3.25%), Calcium: 28.25mg (2.83%), Selenium: 1.7µg (2.43%), Vitamin K: 1.71µg (1.63%)