



Burrito Bananas Foster

READY IN



40 min.

SERVINGS



6

CALORIES



650 kcal

DESSERT

Ingredients

- ☐ 2 large bananas peeled sliced in coins
- ☐ 9 tablespoons brown sugar divided
- ☐ 2 tablespoons butter
- ☐ 3 10-inch flour tortillas ()
- ☐ 2 tablespoons tequila dark
- ☐ 3 cups premium vanilla ice cream
- ☐ 2 cups vegetable oil
- ☐ 3 tablespoons walnuts chopped
- ☐ 0.3 cup water

- ☐ 6 servings toothpicks for securing tortillas

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ serrated knife

Directions

- ☐ In a small saucepan, bring 6 Tbs. of brown sugar and the butter and water to a boil. Stir in liquor; simmer to blend flavors, about 1 minute.
- ☐ Remove from heat, and set aside.
- ☐ Place one flour tortilla on a work surface.
- ☐ Place 1/3 of the banana slices just below the center, forming the fruit into a log; sprinkle with 1 Tb. brown sugar and 1 Tb. walnuts. Fold both sides of the tortilla over the filling, then fold bottom of the tortilla over the filling and roll it over to form a packet. Secure with toothpicks. Repeat with remaining tortillas, bananas, sugar and nuts. (You can make ahead to this point and hold at room temperature for 1 hour.)
- ☐ Meanwhile, warm oil in a Dutch oven set over medium heat until it reaches 350 degrees on a candy or deep-fry thermometer.
- ☐ Add all three stuffed tortillas. Fry, turning once, until golden brown, about 2 minutes on each side.
- ☐ Transfer to paper towels, lightly blot surface oil, remove toothpicks and halve on the diagonal with a serrated knife.
- ☐ Spoon 1 Tb. butter sauce in the bottom of each of six shallow bowls.
- ☐ Place half a tortilla and 1/2 cup of ice cream in each pool of sauce.
- ☐ Drizzle with remaining sauce, and serve immediately.

Nutrition Facts



PROTEIN 5.52% **FAT 47.41%** **CARBS 47.07%**

Properties

Glycemic Index:44.8, Glycemic Load:24.45, Inflammation Score:-6, Nutrition Score:14.689565259477%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 650.45kcal (32.52%), Fat: 34.18g (52.59%), Saturated Fat: 11.35g (70.95%), Carbohydrates: 76.37g (25.46%), Net Carbohydrates: 72.12g (26.22%), Sugar: 39.53g (43.92%), Cholesterol: 39.07mg (13.02%), Sodium: 567.34mg (24.67%), Alcohol: 1.67g (100%), Alcohol %: 0.73% (100%), Protein: 8.96g (17.91%), Manganese: 0.63mg (31.59%), Vitamin K: 32.29µg (30.76%), Vitamin B1: 0.39mg (25.71%), Selenium: 16.64µg (23.78%), Phosphorus: 232.51mg (23.25%), Vitamin B2: 0.38mg (22.59%), Calcium: 202.9mg (20.29%), Folate: 78.69µg (19.67%), Fiber: 4.25g (17%), Vitamin B3: 3.33mg (16.65%), Iron: 2.82mg (15.64%), Vitamin B6: 0.27mg (13.54%), Potassium: 422.09mg (12.06%), Magnesium: 45.49mg (11.37%), Vitamin E: 1.58mg (10.5%), Copper: 0.21mg (10.44%), Vitamin A: 424.49IU (8.49%), Vitamin B5: 0.7mg (6.99%), Zinc: 1.03mg (6.9%), Vitamin C: 4.41mg (5.34%), Vitamin B12: 0.27µg (4.42%)