



Butterscotch Bananas with Vanilla Ice Cream



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



590 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bananas peeled sliced
- ☐ 1 cup brown sugar dark
- ☐ 0.3 cup rum dark
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup pecans
- ☐ 0.5 cup butter unsalted cut into pieces 1 stick
- ☐ 2 pints whipped cream

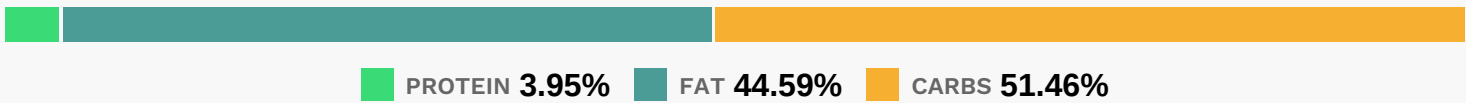
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 375 F.
- ☐ Spread the pecans on a rimmed baking sheet and toast, tossing occasionally, until fragrant, 5 to 6 minutes; roughly chop. Melt the butter in a large skillet over medium-high heat.
- ☐ Add the sugar and cinnamon and cook, whisking occasionally, until smooth, 4 to 5 minutes. Gently stir in the bananas.
- ☐ Remove from heat and add the rum. Using a match, carefully ignite the mixture and wait until the flame goes out. Stir in the pecans.
- ☐ Serve the bananas and sauce over the ice cream.

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:26.34, Inflammation Score:-6, Nutrition Score:11.029130515845%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg 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: 590.09kcal (29.5%), Fat: 29.27g (45.03%), Saturated Fat: 15.8g (98.76%), Carbohydrates: 75.99g (25.33%), Net Carbohydrates: 72.24g (26.27%), Sugar: 62.81g (69.78%), Cholesterol: 82.55mg (27.52%), Sodium: 104.86mg (4.56%), Alcohol: 2.51g (100%), Alcohol %: 1.21% (100%), Protein: 5.83g (11.66%), Manganese: 0.56mg

(27.86%), Vitamin B2: 0.36mg (21.28%), Vitamin B6: 0.41mg (20.32%), Calcium: 187.03mg (18.7%), Vitamin A: 912.85IU (18.26%), Potassium: 618mg (17.66%), Phosphorus: 165.66mg (16.57%), Fiber: 3.76g (15.02%), Magnesium: 50.74mg (12.68%), Vitamin B5: 1.09mg (10.88%), Vitamin C: 8.48mg (10.28%), Copper: 0.19mg (9.37%), Zinc: 1.25mg (8.36%), Vitamin B12: 0.49µg (8.09%), Vitamin B1: 0.12mg (7.86%), Folate: 25.68µg (6.42%), Vitamin E: 0.86mg (5.74%), Selenium: 3.72µg (5.32%), Vitamin B3: 0.84mg (4.18%), Iron: 0.7mg (3.89%), Vitamin D: 0.45µg (3%), Vitamin K: 2.03µg (1.93%)