



Caramel-Banana Sundaes

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



241 kcal

DESSERT

Ingredients

- 2 large bananas
- 0.3 cup firmly brown sugar packed
- 6 teaspoons caramel topping fat-free
- 3 cups whipped cream fat-free
- 1 tablespoon water

Equipment

- frying pan

Directions

- Combine 1/3 cup firmly packed brown sugar and 1 tablespoon water in a large nonstick skillet. Cook over medium heat until sugar melts.
- Add 2 large bananas, peeled and sliced, to skillet; cook over low heat 2 minutes or until banana is heated. Spoon banana mixture evenly over 1/2-cup portions of vanilla fat-free ice cream; top each serving with 1 teaspoon fat-free caramel topping.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:14.24, Inflammation Score:-3, Nutrition Score:4.8326087062773%

Flavonoids

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, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 240.69kcal (12.03%), Fat: 7.41g (11.4%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.82g (14.84%), Sugar: 35.94g (39.93%), Cholesterol: 29.04mg (9.68%), Sodium: 84.08mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin B2: 0.19mg (11.26%), Vitamin B6: 0.2mg (10.15%), Calcium: 100.89mg (10.09%), Potassium: 315.17mg (9%), Phosphorus: 82.88mg (8.29%), Manganese: 0.14mg (6.98%), Fiber: 1.64g (6.56%), Vitamin A: 314.07IU (6.28%), Magnesium: 23mg (5.75%), Vitamin B5: 0.56mg (5.64%), Vitamin C: 4.38mg (5.31%), Vitamin B12: 0.27µg (4.53%), Zinc: 0.53mg (3.52%), Folate: 12.65µg (3.16%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.74%), Selenium: 1.89µg (2.7%), Vitamin B3: 0.39mg (1.96%), Vitamin E: 0.25mg (1.65%), Iron: 0.26mg (1.47%)