



Caramelized Banana with Rum Sauce



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



534 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 banana halved lengthwise
- ☐ 2 teaspoons brown sugar packed
- ☐ 0.1 teaspoon cinnamon
- ☐ 2 tablespoons rum dark (preferably)
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons nuts toasted sliced chopped
- ☐ 2 teaspoons butter unsalted
- ☐ 1 serving whipped cream

☐ 2 teaspoons water

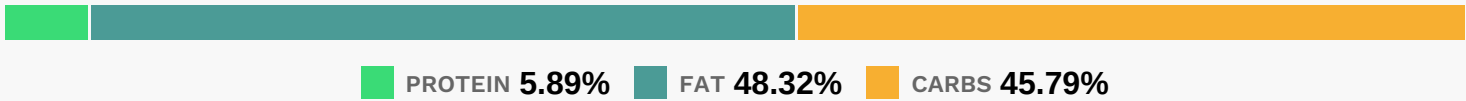
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté banana, cut sides down, shaking skillet, 1 minute.
- ☐ Remove skillet from heat (away from flame) and sprinkle brown sugar around banana, then pour rum around banana. Return skillet to heat and continue to sauté, shaking skillet occasionally, until sugar begins to melt, about 30 seconds.
- ☐ Add water, nutmeg, cinnamon, and a pinch of salt and cook over moderate heat, shaking skillet occasionally, until sauce is slightly thickened, 1 to 2 minutes.
- ☐ Serve banana hot, sprinkled with nuts.

Nutrition Facts



Properties

Glycemic Index:235.44, Glycemic Load:23.3, Inflammation Score:-7, Nutrition Score:12.515217402707%

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, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 533.77kcal (26.69%), Fat: 26.14g (40.22%), Saturated Fat: 11.2g (69.97%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 50.21g (18.26%), Sugar: 36.23g (40.26%), Cholesterol: 50.54mg (16.85%), Sodium: 60.58mg (2.63%), Alcohol: 10.02g (100%), Alcohol %: 4.84% (100%), Protein: 7.18g (14.35%), Manganese: 0.77mg (38.66%), Vitamin B6: 0.53mg (26.43%), Fiber: 5.51g (22.06%), Magnesium: 87.73mg (21.93%), Potassium: 688.77mg (19.68%), Copper: 0.38mg (18.98%), Phosphorus: 186.87mg (18.69%), Vitamin B2: 0.29mg (17.02%), Vitamin C: 10.76mg (13.04%), Vitamin A: 607.27IU (12.15%), Calcium: 116.68mg (11.67%), Vitamin B5: 1.04mg (10.41%), Zinc: 1.43mg (9.51%), Folate: 37.49µg (9.37%), Vitamin B3: 1.82mg (9.12%), Vitamin B1: 0.11mg (7.12%), Iron: 1.21mg (6.7%), Vitamin

B12: 0.27µg (4.57%), Vitamin E: 0.55mg (3.69%), Selenium: 2.58µg (3.68%), Vitamin D: 0.28µg (1.88%), Vitamin K: 1.57µg (1.49%)