



Caribbean Bananas Flambé with Pineapple Curd over Frozen Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium bananas ripe unpeeled
- ☐ 0.5 cup pineapple curd
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 0.3 cup rum dark
- ☐ 2 cups vanilla yogurt fat-free frozen
- ☐ 1 tablespoon granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons juice of lime fresh (2 limes)

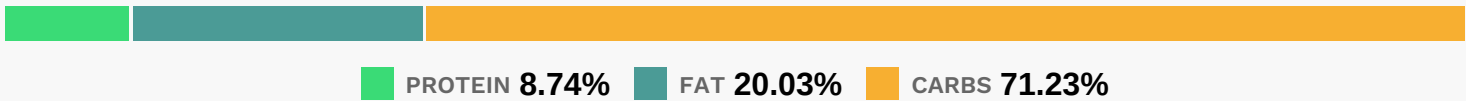
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 3 ingredients in a medium bowl.
- ☐ Peel bananas; cut each in half lengthwise.
- ☐ Cut each half into 4 pieces.
- ☐ Brush bananas with juice; dredge in brown sugar mixture.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; add bananas. Cook 2 minutes, turning bananas after 1 minute.
- ☐ Remove from heat; pour rum into one side of pan. Ignite rum with a long match; let flames die down.
- ☐ Spoon 1/2 cup vanilla frozen yogurt into each of 4 dessert dishes; top each with 4 banana pieces and 2 tablespoons Pineapple Curd.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.72, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:7.8256521846937%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 384.72kcal (19.24%), Fat: 8.27g (12.72%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 66.14g (22.05%), Net Carbohydrates: 64.5g (23.45%), Sugar: 58.89g (65.43%), Cholesterol: 69.42mg (23.14%), Sodium: 128.13mg (5.57%), Alcohol: 5.01g (100%), Alcohol %: 2.46% (100%), Protein: 8.11g (16.23%), Calcium: 204.26mg (20.43%), Phosphorus: 162.4mg (16.24%), Vitamin C: 13.33mg (16.16%), Vitamin B2: 0.27mg (15.75%), Vitamin B6: 0.28mg (13.79%), Potassium: 482.06mg (13.77%), Manganese: 0.24mg (11.88%), Selenium: 8.17µg (11.68%), Vitamin B12: 0.58µg (9.69%), Magnesium: 36.59mg (9.15%), Zinc: 1.02mg (6.8%), Fiber: 1.65g (6.58%), Folate: 24.2µg (6.05%), Vitamin B1: 0.07mg (4.75%), Copper: 0.07mg (3.64%), Vitamin A: 149.88IU (3%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.23mg (2.33%), Iron: 0.37mg (2.03%), Vitamin K: 1.99µg (1.9%), Vitamin E: 0.24mg (1.61%)