



Coffee Bananas Foster

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



780 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons banana liqueur
- ☐ 2 bananas ripe cut in 1/2 lengthwise
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 2 tablespoons rum dark (recommended: Myers's Rum)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 quart whipped cream

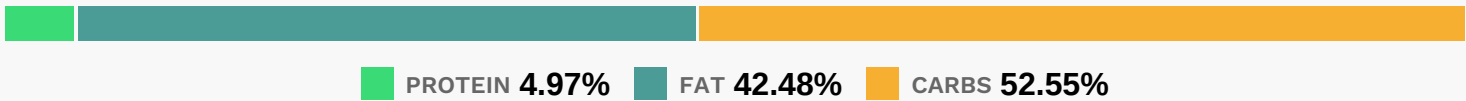
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a medium saute pan over medium to high heat, add butter.
- ☐ Let melt then add bananas.
- ☐ Saute 1 minute on each side, and remove from pan.
- ☐ In same pan, add sugar, banana liqueur, dark rum, and espresso liqueur.
- ☐ Let simmer for 2 minutes and tilt pan to side to ignite evaporating alcohol in pan. When flame is extinguished, add orange juice, cinnamon and nutmeg. Simmer for 3 to 5 minutes or until desired consistency is achieved.
- ☐ Add bananas back into pan and ladle sauce over bananas for 1 minute to coat. To serve, place 1 banana half in 4 long bowls with scoops of vanilla ice cream. Spoon sauce evenly over the 4 bowls.

Nutrition Facts



Properties

Glycemic Index:76.94, Glycemic Load:40.43, Inflammation Score:-7, Nutrition Score:13.355217290961%

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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 779.57kcal (38.98%), Fat: 34.84g (53.59%), Saturated Fat: 21.57g (134.82%), Carbohydrates: 96.98g (32.33%), Net Carbohydrates: 93.67g (34.06%), Sugar: 84.37g (93.75%), Cholesterol: 126.67mg (42.22%), Sodium: 263.37mg (11.45%), Alcohol: 6.99g (100%), Alcohol %: 2.42% (100%), Protein: 9.16g (18.33%), Vitamin B2: 0.62mg (36.44%), Calcium: 326.71mg (32.67%), Phosphorus: 267.93mg (26.79%), Vitamin A: 1327.69IU (26.55%), Potassium: 741.06mg (21.17%), Vitamin C: 14.31mg (17.35%), Vitamin B6: 0.34mg (17.23%), Vitamin B5: 1.64mg (16.37%), Vitamin B12: 0.94µg (15.68%), Fiber: 3.31g (13.25%), Magnesium: 52.92mg (13.23%), Zinc: 1.75mg (11.68%), Manganese: 0.22mg (10.95%), Vitamin B1: 0.13mg (8.71%), Selenium: 5.2µg (7.42%), Folate: 28.88µg (7.22%), Vitamin E: 1.02mg (6.81%), Copper: 0.12mg (5.96%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.47µg (3.15%), Iron: 0.55mg (3.04%), Vitamin K: 1.79µg (1.71%)