



Coffee-Kissed Baked Bananas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bananas firm ripe
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

Equipment

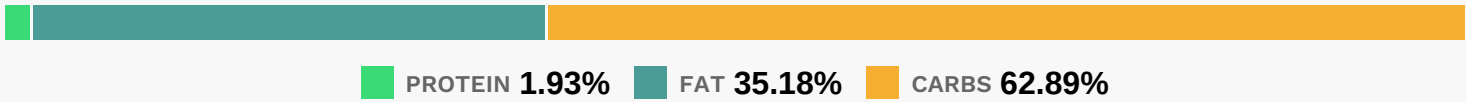
- ☐ oven

☐ baking pan

Directions

- ☐ Peel bananas; cut in half crosswise, then lengthwise.
- ☐ Place in an 11- x 7-inch baking dish.
- ☐ Combine butter, lemon rind, and lemon juice; drizzle over bananas.
- ☐ Sprinkle with brown sugar, and drizzle with liqueur.
- ☐ Bake at 350 for 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:13.06, Inflammation Score:-6, Nutrition Score:6.1413043549527%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 310.81kcal (15.54%), Fat: 11.86g (18.25%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 44.62g (16.22%), Sugar: 34.74g (38.6%), Cholesterol: 0mg (0%), Sodium: 140.05mg (6.09%), Alcohol: 3.2g (100%), Alcohol %: 2.46% (100%), Protein: 1.46g (2.92%), Vitamin B6: 0.44mg (22.11%), Manganese: 0.33mg (16.39%), Vitamin C: 12.07mg (14.63%), Potassium: 450.95mg (12.88%), Fiber: 3.11g (12.42%), Vitamin A: 583.36IU (11.67%), Magnesium: 33.79mg (8.45%), Folate: 24.66µg (6.17%), Vitamin B2: 0.09mg (5.42%), Copper: 0.1mg (4.97%), Vitamin B5: 0.43mg (4.3%), Vitamin B3: 0.81mg (4.04%), Vitamin E: 0.56mg (3.76%), Phosphorus: 30.1mg (3.01%), Vitamin B1: 0.04mg (2.6%), Iron: 0.41mg (2.27%), Calcium: 22.13mg (2.21%), Selenium: 1.35µg (1.93%), Zinc: 0.18mg (1.22%)