



## Creamy Caramel-Banana Topping

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 medium banana sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.3 cup plus light
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup whipping cream (heavy)

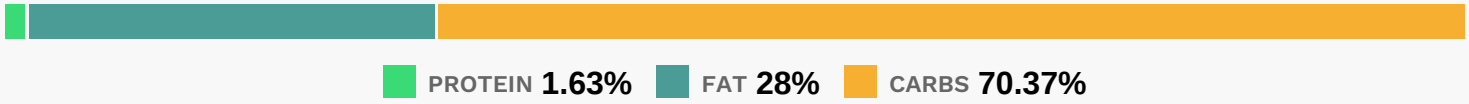
### Equipment

- ☐ sauce pan

# Directions

- ☐
- Mix all ingredients except bananas in 1-quart saucepan.
- ☐
- Heat to boiling over medium heat, stirring occasionally; remove from heat. Gently stir in bananas until well coated.

# Nutrition Facts



# Properties

Glycemic Index:73.78, Glycemic Load:51.61, Inflammation Score:-9, Nutrition Score:21.095652341843%

# Flavonoids

Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 1389.46kcal (69.47%), Fat: 45.36g (69.79%), Saturated Fat: 18.76g (117.24%), Carbohydrates: 256.54g (85.51%), Net Carbohydrates: 247.34g (89.94%), Sugar: 217.6g (241.78%), Cholesterol: 67.24mg (22.41%), Sodium: 367.66mg (15.99%), Alcohol: 1.38g (100%), Alcohol %: 0.27% (100%), Protein: 5.93g (11.87%), Vitamin B6: 1.37mg (68.43%), Manganese: 1.04mg (51.8%), Potassium: 1488.68mg (42.53%), Vitamin A: 2102.77IU (42.06%), Vitamin C: 31.21mg (37.83%), Fiber: 9.2g (36.82%), Magnesium: 111.82mg (27.95%), Vitamin B2: 0.38mg (22.61%), Folate: 74.56µg (18.64%), Copper: 0.34mg (16.86%), Calcium: 168.19mg (16.82%), Vitamin B5: 1.5mg (15.04%), Vitamin B3: 2.54mg (12.68%), Phosphorus: 123.47mg (12.35%), Vitamin E: 1.77mg (11.8%), Vitamin B1: 0.18mg (11.68%), Selenium: 7.24µg (10.35%), Iron: 1.77mg (9.81%), Zinc: 1.09mg (7.24%), Vitamin D: 0.95µg (6.35%), Vitamin K: 3.67µg (3.5%), Vitamin B12: 0.12µg (2.05%)