



Deep Butter-Rum Sauce And Bananas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4.5 cups banana sliced (7)
- ☐ 0.5 cup brown sugar packed
- ☐ 4 teaspoons cornstarch
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 3 tablespoons yogurt-based spread (such as Brummel & Brown)

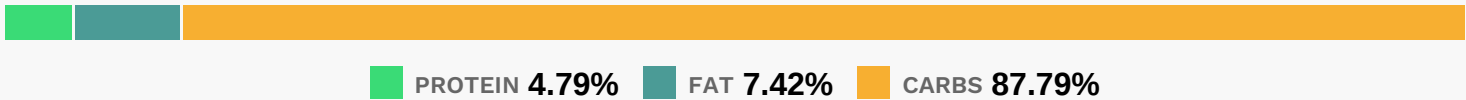
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine evaporated milk and cornstarch in a 2-quart saucepan, stirring well with a whisk until cornstarch dissolves.
- ☐ Add sugar, rum, and salt; stir well.
- ☐ Place saucepan over medium-high heat; bring to a boil. Cook, stirring constantly, 2 minutes.
- ☐ Remove from heat; cool slightly.
- ☐ Add spread and flavoring; stir well.
- ☐ Serve over banana.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:12.54, Inflammation Score:-3, Nutrition Score:6.1934782927451%

Flavonoids

Catechin: 6.86mg, Catechin: 6.86mg, Catechin: 6.86mg, Catechin: 6.86mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 223.45kcal (11.17%), Fat: 1.76g (2.7%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 43.81g (15.93%), Sugar: 33.4g (37.11%), Cholesterol: 5.36mg (1.79%), Sodium: 122.83mg (5.34%), Alcohol: 3.4g (100%), Alcohol %: 2.58 (100%), Protein: 2.55g (5.1%), Vitamin B6: 0.43mg (21.54%), Manganese: 0.32mg (15.99%), Potassium: 485.56mg (13.87%), Vitamin C: 10.1mg (12.25%), Fiber: 2.94g (11.75%), Magnesium: 36.65mg (9.16%), Vitamin B2: 0.14mg (8.3%), Calcium: 69.59mg (6.96%), Phosphorus: 63.99mg (6.4%), Folate: 24.5µg (6.13%), Vitamin B5: 0.53mg (5.28%), Copper: 0.1mg (5.12%), Vitamin B3: 0.81mg (4.02%), Vitamin B1: 0.05mg (3%), Selenium: 1.92µg (2.75%), Iron: 0.47mg (2.59%), Vitamin A: 115.36IU (2.31%), Zinc: 0.35mg (2.31%)