



Dr. Bosker's Boogie-Woogie Brown-Sugared Barbecued Bananas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bananas ripe unpeeled
- ☐ 6 tablespoons brown sugar light
- ☐ 6 tablespoons orange liqueur
- ☐ 6 servings whipped cream

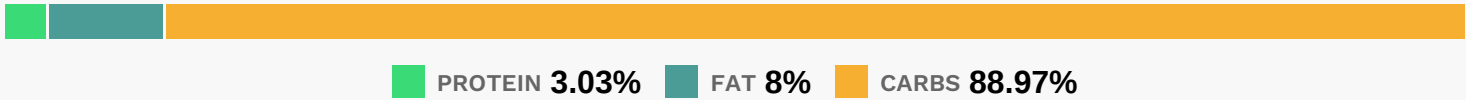
Equipment

- ☐ grill

Directions

- ☐ Cut a lengthwise slit in each banana, being careful not to cut all the way through; spread open slightly. Gently pack 1 tablespoon brown sugar inside each.
- ☐ Drizzle liqueur over brown sugar.
- ☐ Grill, without lid, over medium heat (300 to 350 degrees F)
- ☐ 2 to 3 minutes on each side. Top each grilled banana with a small scoop of ice cream or a dollop of whipped cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:13.47, Inflammation Score:-3, Nutrition Score:5.5600000568058%

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 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.24kcal (10.61%), Fat: 1.77g (2.72%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 41.19g (14.98%), Sugar: 31.35g (34.83%), Cholesterol: 4.56mg (1.52%), Sodium: 6.22mg (0.27%), Alcohol: 3.9g (100%), Alcohol %: 3.27% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.51g (3.02%), Vitamin B6: 0.44mg (22.02%), Manganese: 0.33mg (16.44%), Potassium: 451.72mg (12.91%), Vitamin C: 10.27mg (12.44%), Fiber: 3.07g (12.27%), Magnesium: 34.05mg (8.51%), Folate: 23.9µg (5.98%), Vitamin B2: 0.09mg (5.4%), Copper: 0.1mg (5.21%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.82mg (4.12%), Phosphorus: 32.68mg (3.27%), Vitamin B1: 0.04mg (2.63%), Vitamin A: 116.62IU (2.33%), Iron: 0.4mg (2.24%), Calcium: 22.07mg (2.21%), Selenium: 1.45µg (2.08%), Zinc: 0.21mg (1.38%), Vitamin E: 0.16mg (1.04%)