



## Easy Tropical Banana Dessert

 Vegetarian  Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



378 kcal

DESSERT

### Ingredients

- 3 bananas cut into 8 pieces
- 2 tablespoons brown sugar dark
- 4 servings vanilla yogurt frozen low-fat
- 0.3 teaspoon ground cinnamon
- 0.3 cup macadamia nuts chopped
- 1 cup orange juice
- 1 cup pineapple juice
- 2 tablespoons promise buttery spread

0.5 teaspoon vanilla extract

## Equipment

frying pan

## Directions

Cook juices in a medium-size nonstick skillet over medium heat, stirring occasionally, 14 to 16 minutes or until mixture is reduced to 3/4 cup.

Remove from skillet.

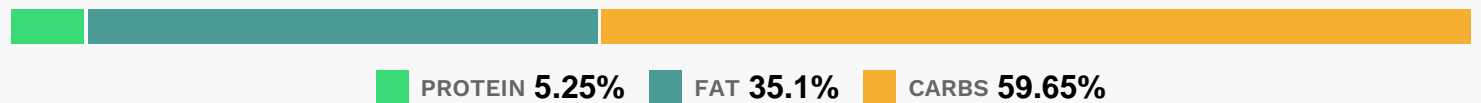
Melt buttery spread in skillet over medium-high heat; add brown sugar, and cook, stirring often, 2 minutes.

Add bananas; cook, stirring occasionally, 2 minutes. Stir in vanilla and cinnamon.

Add juice mixture, and cook, stirring occasionally, 1 minute.

Serve over frozen yogurt, and top with chopped nuts.

## Nutrition Facts



## Properties

Glycemic Index:41.94, Glycemic Load:16.57, Inflammation Score:-7, Nutrition Score:14.04782604005%

## Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg 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: 377.91kcal (18.9%), Fat: 15.39g (23.68%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 55.53g (20.19%), Sugar: 45.44g (50.49%), Cholesterol: 1.44mg (0.48%), Sodium: 112.7mg (4.9%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 5.18g (10.35%), Vitamin C: 45.28mg (54.89%), Manganese: 0.93mg (46.32%), Vitamin B6: 0.49mg (24.6%), Potassium: 711.49mg (20.33%), Vitamin B1: 0.24mg (16.28%), Vitamin B2: 0.27mg (15.94%), Magnesium: 59.44mg (14.86%), Phosphorus: 143.99mg (14.4%), Calcium:

135.28mg (13.53%), Fiber: 3.33g (13.32%), Folate: 52.23µg (13.06%), Vitamin A: 603.93IU (12.08%), Copper: 0.23mg (11.64%), Vitamin E: 1.61mg (10.71%), Vitamin B5: 0.98mg (9.83%), Vitamin B3: 1.38mg (6.89%), Iron: 1.12mg (6.2%), Selenium: 3.76µg (5.37%), Vitamin K: 4.82µg (4.59%), Zinc: 0.64mg (4.3%), Vitamin B12: 0.21µg (3.48%)