



Flexible Fruit Foster

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons banana orange-flavored
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.1 lb butter
- ☐ 2 tablespoons rum dark
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon orange juice
- ☐ 3 to 4 firm-ripe bananas 1-inch-thick pitted peeled sliced cut into slices, or 1 1/2 pounds firm-ripe peaches, , , and ()
- ☐ 1 pint whipped cream

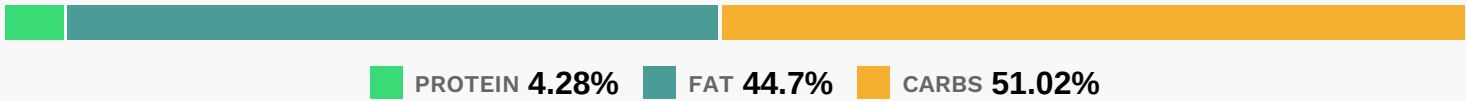
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, stir butter and brown sugar until bubbling vigorously.
- ☐ Add cinnamon, orange juice, and fruit; turn fruit often with a spatula until sauce is boiling again and fruit is hot, 1 to 3 minutes.
- ☐ Scoop ice cream equally into four bowls. For the children, spoon fruit and sauce over ice cream. Then, for the adults, pour banana liqueur and rum over fruit in pan and ignite with a match (keep away from vents or flammable materials); shake pan until flame dies. Spoon fruit and sauce over ice cream.

Nutrition Facts



Properties

Glycemic Index:73.14, Glycemic Load:27.37, Inflammation Score:-6, Nutrition Score:9.8217391708623%

Flavonoids

Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg 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: 503.49kcal (25.17%), Fat: 24.83g (38.21%), Saturated Fat: 15.43g (96.42%), Carbohydrates: 63.77g (21.26%), Net Carbohydrates: 60.41g (21.97%), Sugar: 50.48g (56.09%), Cholesterol: 82.53mg (27.51%), Sodium: 190.71mg (8.29%), Alcohol: 2.51g (100%), Alcohol %: 1.25% (100%), Protein: 5.35g (10.71%), Vitamin B2: 0.36mg (21.2%), Vitamin B6: 0.42mg (20.83%), Vitamin A: 922.31IU (18.45%), Potassium: 609.31mg (17.41%), Calcium:

172.12mg (17.21%), Phosphorus: 150.32mg (15.03%), Manganese: 0.29mg (14.5%), Vitamin C: 11.18mg (13.55%), Fiber: 3.36g (13.45%), Magnesium: 44.48mg (11.12%), Vitamin B5: 1.05mg (10.5%), Vitamin B12: 0.49µg (8.09%), Folate: 26.93µg (6.73%), Zinc: 0.98mg (6.55%), Copper: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.78mg (5.22%), Selenium: 3.4µg (4.86%), Vitamin B3: 0.81mg (4.07%), Iron: 0.47mg (2.63%), Vitamin K: 1.85µg (1.76%), Vitamin D: 0.24µg (1.58%)