



## French Vanilla Ice Cream with Sauteed Bananas and Phyllo Triangles

READY IN



35 min.

SERVINGS



4

CALORIES



655 kcal

DESSERT

### Ingredients

- 2 bananas sliced
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- 3 tablespoons butter melted
- 2 tablespoons brown sugar dark
- 2 teaspoons ground cinnamon
- 4 sheets phyllo dough
- 2 shots spiced rum
- 0.5 cup sugar

- 1 pint vanilla bean ice cream french

## Equipment

- frying pan
- baking sheet
- baking paper
- oven
- knife

## Directions

- Preheat oven to 400 degrees F.
- Spread a cookie sheet with parchment paper. Top with a layer of phyllo and brush the sheet with the melted butter.
- Mix sugar and cinnamon. Scatter a layer of sugar across the butter coated pastry. Repeat with 2 more layers of pastry, then top with a final sheet of dough then cut pastry into long triangles, working from side to side of the cookie sheet, using a sharp paring knife or pizza wheel. Cover the pastry with another sheet of parchment paper and another cookie sheet.
- Place pastry in the hot oven and bake 15 minutes or until golden.
- Remove pastry from oven to cool.
- Begin other recipes in your menu while pastry bakes.
- When you are ready to serve dessert, heat a medium nonstick skillet over medium high heat.
- Add 2 tablespoons butter. When butter melts, add bananas and saute 3 minutes.
- Sprinkle with brown sugar to coat bananas. When sugar melts around fruit, add rum and flame it.
- Pour rum from shot glass, not from the bottle, to prevent flame ups. When flame goes out and alcohol has evaporated, spoon warm bananas into cocktail glasses. Top with small scoops of French vanilla ice cream and garnish with phyllo triangles.
- Serve extra triangles on a pretty plate for sweet snacking.

## Nutrition Facts



■ PROTEIN 4.45% ■ FAT 33.52% ■ CARBS 62.03%

## Properties

Glycemic Index:87.16, Glycemic Load:50.71, Inflammation Score:-7, Nutrition Score:12.721304380375%

## 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

## Nutrients (% of daily need)

Calories: 654.74kcal (32.74%), Fat: 23.15g (35.61%), Saturated Fat: 13.84g (86.53%), Carbohydrates: 96.41g (32.14%), Net Carbohydrates: 91.63g (33.32%), Sugar: 70.31g (78.12%), Cholesterol: 74.62mg (24.87%), Sodium: 257.35mg (11.19%), Alcohol: 7.41g (100%), Alcohol %: 2.93% (100%), Protein: 6.91g (13.82%), Manganese: 0.6mg (30.1%), Vitamin B2: 0.44mg (26.14%), Vitamin B6: 0.5mg (25.01%), Potassium: 687.66mg (19.65%), Fiber: 4.79g (19.15%), Calcium: 177.18mg (17.72%), Phosphorus: 168.71mg (16.87%), Vitamin A: 838.88IU (16.78%), Vitamin C: 11.01mg (13.35%), Magnesium: 52.62mg (13.16%), Vitamin B1: 0.19mg (12.66%), Folate: 46.67µg (11.67%), Vitamin B5: 1.16mg (11.62%), Selenium: 8.09µg (11.56%), Vitamin B3: 1.72mg (8.62%), Vitamin B12: 0.48µg (7.99%), Copper: 0.15mg (7.55%), Zinc: 1.13mg (7.52%), Iron: 1.17mg (6.51%), Vitamin E: 0.75mg (5.03%), Vitamin K: 2.47µg (2.35%), Vitamin D: 0.24µg (1.58%)