



WHATSheATE



FRIED BANANAS (BANANOS CALADOS)



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients



4 small bananas with no spots and peeled firm



4 tablespoons brown sugar



1 tablespoon butter



1 cinnamon sticks



0.5 cup orange juice fresh



1 tablespoon orange zest fresh



4 servings whipped cream for serving



2 tablespoons water

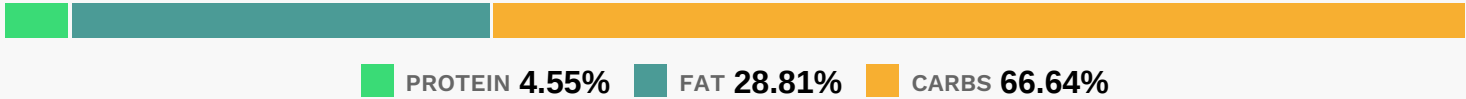
Equipment

☐ frying pan

Directions

- ☐ Cut the bananas in half crosswise.In a large nonstick pan over medium heat.
- ☐ Add the butter and cook for 1 minute.
- ☐ Add the bananas, brown sugar, water and cinnamon stick. Cook the bananas, turning constantly during 5 minutes.Reduce the heat to medium low.
- ☐ Add the orange juice and orange peel and cook 5 more minutes, discard cinnamon stick and serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:22.05, Inflammation Score:-5, Nutrition Score:9.4221739820812%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 314.77kcal (15.74%), Fat: 10.51g (16.17%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 50.91g (18.51%), Sugar: 40.58g (45.09%), Cholesterol: 36.56mg (12.19%), Sodium: 80.49mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin C: 26.76mg (32.43%), Manganese: 0.44mg (22.14%), Vitamin B6: 0.42mg (21.19%), Potassium: 578.67mg (16.53%), Fiber: 3.77g (15.09%), Vitamin B2: 0.24mg (14.37%), Calcium: 115.15mg (11.51%), Magnesium: 42mg (10.5%), Vitamin A: 500.85IU (10.02%), Phosphorus: 98.99mg (9.9%), Folate: 33.53µg (8.38%), Vitamin B5: 0.81mg (8.1%), Copper: 0.12mg (5.94%), Vitamin B1: 0.09mg (5.9%), Vitamin B3: 0.91mg (4.56%), Vitamin B12: 0.26µg (4.39%), Zinc: 0.65mg (4.33%), Selenium: 2.45µg (3.5%), Iron: 0.55mg (3.08%), Vitamin E: 0.42mg (2.78%), Vitamin K: 1.25µg (1.19%)