



John's Bananas Foster



Gluten Free



Low Fod Map

READY IN



16 min.

SERVINGS



8

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana liqueur
- ☐ 4 medium size bananas ripe
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup rum
- ☐ 8 servings whipped cream

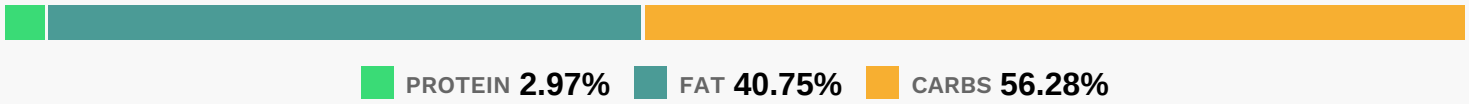
Equipment

- ☐ frying pan

Directions

- ☐ Cut bananas in half crosswise; cut each half in half lengthwise. Melt butter in a large skillet over medium-high heat; add brown sugar, and cook, stirring constantly, 2 minutes.
- ☐ Add bananas to skillet, and remove from heat. Stir in liqueur and rum, and carefully ignite the fumes just above mixture with a long match or long multipurpose lighter.
- ☐ Let flames die down.
- ☐ Return skillet to heat, and cook 3 to 4 minutes or until bananas are soft and curl slightly.
- ☐ Remove from heat.
- ☐ Serve banana mixture immediately over vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:15.75, Inflammation Score:-5, Nutrition Score:6.1113042935081%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 457.13kcal (22.86%), Fat: 18.96g (29.17%), Saturated Fat: 11.84g (74%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 56.92g (20.7%), Sugar: 50.74g (56.38%), Cholesterol: 59.54mg (19.85%), Sodium: 152.47mg (6.63%), Alcohol: 6.88g (100%), Alcohol %: 4.61% (100%), Protein: 3.11g (6.21%), Vitamin A: 670.17IU (13.4%), Vitamin B6: 0.26mg (13%), Vitamin B2: 0.21mg (12.17%), Calcium: 113.66mg (11.37%), Potassium: 382.84mg (10.94%), Manganese: 0.18mg (9.24%), Phosphorus: 87.39mg (8.74%), Fiber: 2g (7.98%), Magnesium: 27.93mg (6.98%), Vitamin C: 5.53mg (6.7%), Vitamin B5: 0.63mg (6.32%), Vitamin B12: 0.28µg (4.69%), Folate: 15.8µg (3.95%), Vitamin E: 0.59mg (3.91%), Copper: 0.08mg (3.86%), Zinc: 0.57mg (3.81%), Selenium: 2.25µg (3.21%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.51mg (2.54%), Iron: 0.42mg (2.32%), Vitamin K: 1.49µg (1.42%)