



Kahlúa-Glazed Bananas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds bananas firm ripe peeled
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.3 cup kahlua
- ☐ 3 tablespoons butter reduced-calorie
- ☐ 1.3 cups vanilla nonfat yogurt frozen
- ☐ 1 cup water

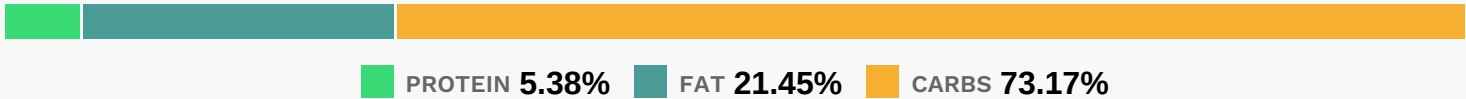
Equipment

☐ frying pan

Directions

- ☐ Cut each banana in half crosswise, and cut each piece in half lengthwise. Set banana pieces aside.
- ☐ Bring water to a boil in a large nonstick skillet.
- ☐ Add the coffee granules, brown sugar, and margarine; reduce heat to medium, and cook until sugar dissolves, stirring frequently.
- ☐ Add banana pieces; cook 5 minutes, turning occasionally.
- ☐ Remove from heat, and stir in Kahla. Spoon over frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:15.68, Inflammation Score:-6, Nutrition Score:10.148260862931%

Flavonoids

Catechin: 8.65mg, Catechin: 8.65mg, Catechin: 8.65mg, Catechin: 8.65mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 408.15kcal (20.41%), Fat: 9.61g (14.78%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 73.77g (24.59%), Net Carbohydrates: 70.08g (25.48%), Sugar: 57.5g (63.88%), Cholesterol: 1.63mg (0.54%), Sodium: 163.1mg (7.09%), Alcohol: 3.2g (100%), Alcohol %: 1.24% (100%), Caffeine: 39.25mg (13.08%), Protein: 5.43g (10.85%), Vitamin B6: 0.56mg (28.09%), Manganese: 0.44mg (22.22%), Potassium: 739.18mg (21.12%), Vitamin C: 12.93mg (15.67%), Calcium: 153.3mg (15.33%), Vitamin B2: 0.26mg (15.03%), Fiber: 3.69g (14.74%), Magnesium: 57.18mg (14.3%), Phosphorus: 135.44mg (13.54%), Vitamin A: 497.21IU (9.94%), Selenium: 6.7µg (9.56%), Folate: 35.99µg (9%), Vitamin B3: 1.4mg (7%), Copper: 0.14mg (6.97%), Vitamin B12: 0.39µg (6.58%), Zinc: 0.83mg (5.55%), Vitamin B1: 0.08mg (5.19%), Vitamin B5: 0.51mg (5.08%), Vitamin E: 0.53mg (3.56%), Iron: 0.61mg (3.39%), Vitamin K: 1.63µg (1.55%)