



Kelly's Off Your Rocker Bananas Foster

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



548 kcal

DESSERT

Ingredients

- ☐ 3 ounces banana liqueur
- ☐ 2 bananas green ripe (between and) (See Cook's Note)
- ☐ 0.5 cup brown sugar
- ☐ 4 ounces rum dark
- ☐ 2 teaspoons ground cinnamon
- ☐ 4 servings ice cream
- ☐ 2 tablespoons orange juice
- ☐ 1 orange zest

☐ 0.3 cup butter salted

Equipment

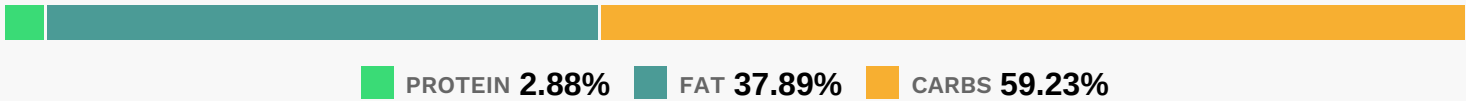
☐ frying pan

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the grill to medium.
- ☐ Peel the bananas, being careful not to break them.
- ☐ Put the whole bananas on the grill, and cook until grill marks form and the banana is tender but not mushy, about 2 to 3 minutes per side
- ☐ Remove the bananas from the grill to a platter and set aside.
- ☐ Melt the butter in a large saute pan over low heat. Stir in the sugar, then add the cinnamon, orange juice, and orange zest.
- ☐ Add the banana liqueur and heat through. Stir in the rum and cook until the alcohol burns off, about 2 minutes. Finally, add the grilled bananas and warm them up in the caramel sauce. Arrange the bananas on serving plates and serve with or without ice cream.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:16.22, Inflammation Score:-6, Nutrition Score:7.500000015549%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 548.26kcal (27.41%), Fat: 19g (29.22%), Saturated Fat: 11.85g (74.04%), Carbohydrates: 66.81g (22.27%), Net Carbohydrates: 63.95g (23.25%), Sugar: 56.89g (63.21%), Cholesterol: 59.54mg (19.85%), Sodium: 152.87mg (6.65%), Alcohol: 14.86g (100%), Alcohol %: 8.23% (100%), Protein: 3.25g (6.5%), Manganese: 0.36mg (18.16%), Vitamin C: 13.9mg (16.84%), Vitamin A: 702.72IU (14.05%), Vitamin B6: 0.27mg (13.52%), Calcium: 129.45mg (12.94%), Vitamin B2: 0.21mg (12.53%), Potassium: 410.78mg (11.74%), Fiber: 2.86g (11.45%), Phosphorus: 90.63mg (9.06%), Magnesium: 30.12mg (7.53%), Vitamin B5: 0.67mg (6.67%), Folate: 19.31µg (4.83%), Vitamin B12: 0.28µg (4.69%), Copper: 0.09mg (4.5%), Vitamin E: 0.62mg (4.13%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.06mg (3.95%), Selenium: 2.32µg (3.31%), Iron: 0.55mg (3.04%), Vitamin B3: 0.58mg (2.92%), Vitamin K: 1.81µg (1.72%)