



Maple-Banana Syrup

 Vegetarian  Gluten Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

425 kcal

SIDE DISH

Ingredients

- ☐ 3 bananas sliced
- ☐ 1 tablespoon butter
- ☐ 0.5 cup maple syrup

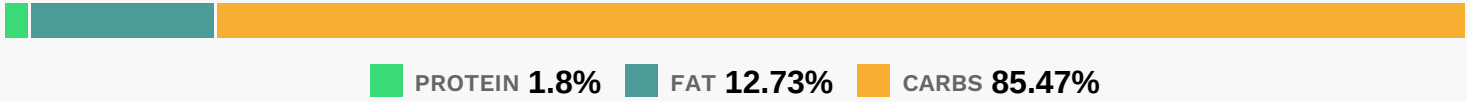
Equipment

- ☐ frying pan

Directions

- ☐
- Melt 1 tablespoon butter in a skillet over medium heat; add 3 bananas, sliced, and saut 5 minutes.
- ☐
- Add 1/2 cup maple syrup, and cook, stirring constantly, 3 minutes or until heated.
- ☐
- Serve over waffles or pancakes; garnish with 1/3 cup pecans, toasted and chopped, if desired.

Nutrition Facts



Properties

Glycemic Index:70.64, Glycemic Load:39.39, Inflammation Score:-5, Nutrition Score:15.083043366023%

Flavonoids

Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 425.07kcal (21.25%), Fat: 6.26g (9.63%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 94.6g (31.53%), Net Carbohydrates: 90g (32.73%), Sugar: 69.83g (77.59%), Cholesterol: 15.05mg (5.02%), Sodium: 54.03mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 2.33mg (116.47%), Vitamin B2: 1.15mg (67.88%), Vitamin B6: 0.65mg (32.49%), Potassium: 816.47mg (23.33%), Vitamin C: 15.4mg (18.67%), Fiber: 4.6g (18.41%), Magnesium: 64.83mg (16.21%), Calcium: 98.28mg (9.83%), Folate: 35.61µg (8.9%), Vitamin B1: 0.11mg (7.22%), Copper: 0.14mg (6.9%), Vitamin B3: 1.25mg (6.23%), Vitamin B5: 0.6mg (5.99%), Vitamin A: 288.21IU (5.76%), Zinc: 0.84mg (5.57%), Phosphorus: 40.62mg (4.06%), Iron: 0.55mg (3.06%), Selenium: 1.84µg (2.63%), Vitamin E: 0.34mg (2.26%), Vitamin K: 1.38µg (1.31%)