



## New England-Style Bananas Foster



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

DESSERT

## Ingredients

- ☐ 3.5 cups banana firm ripe diagonally sliced
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup maple syrup
- ☐ 3 cups vanilla nonfat yogurt frozen
- ☐ 0.3 cup walnuts toasted chopped

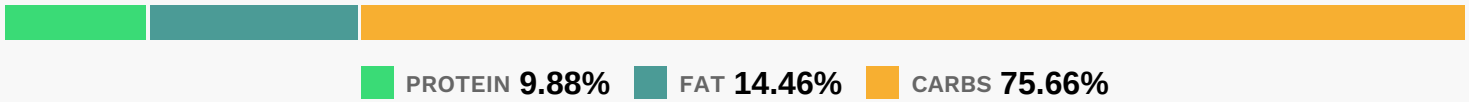
## Equipment

- ☐ frying pan

# Directions

- ☐ Combine syrup and rum in a large nonstick skillet; bring to a simmer over medium-low heat.
- ☐ Add banana; cook 3 minutes, stirring occasionally.
- ☐ Add walnuts; cook 1 minute.
- ☐ Serve immediately over frozen yogurt.

## Nutrition Facts



## Properties

Glycemic Index:21.05, Glycemic Load:14.17, Inflammation Score:-4, Nutrition Score:11.364782685819%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 315.86kcal (15.79%), Fat: 4.77g (7.34%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 53.46g (19.44%), Sugar: 44.84g (49.82%), Cholesterol: 2.45mg (0.82%), Sodium: 73.8mg (3.21%), Alcohol: 4.45g (100%), Alcohol %: 2.28% (100%), Protein: 7.33g (14.66%), Manganese: 0.91mg (45.74%), Vitamin B2: 0.52mg (30.7%), Calcium: 216.44mg (21.64%), Vitamin B6: 0.41mg (20.26%), Phosphorus: 188.05mg (18.8%), Potassium: 620.08mg (17.72%), Magnesium: 56.03mg (14.01%), Selenium: 8.54µg (12.2%), Fiber: 2.71g (10.84%), Vitamin C: 8.55mg (10.37%), Vitamin B12: 0.58µg (9.6%), Copper: 0.19mg (9.39%), Zinc: 1.37mg (9.13%), Folate: 34.9µg (8.72%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 0.79mg (3.97%), Vitamin B5: 0.33mg (3.29%), Iron: 0.53mg (2.93%), Vitamin K: 1.96µg (1.87%), Vitamin A: 72IU (1.44%), Vitamin E: 0.21mg (1.38%)