



## Peanut Butter Bananas and Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



339 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4 bananas peeled halved lengthwise
- 2 tablespoons butter
- 2 egg yolks
- 0.5 cup peanut butter
- 0.7 cup sugar white divided
- 0.3 cup vinegar white

### Equipment

- bowl

sauce pan

whisk

## Directions

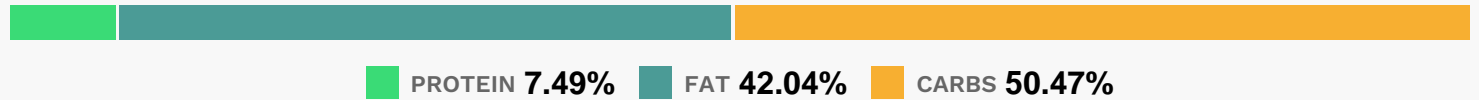
Spread peanut butter onto the cut side of the banana halves, and seal the halves back together. Slice into coins, and set aside.

In a saucepan over low heat, whisk together the egg yolks and 1/2 cup of the sugar. Stir in the vinegar and butter. Cook, whisking constantly until clear.

Whisk in remaining sugar if you like.

Place the bananas into a serving bowl, and pour the sauce over them. This dish may be served hot or cold.

## Nutrition Facts



## Properties

Glycemic Index:39.81, Glycemic Load:24.75, Inflammation Score:-4, Nutrition Score:8.9226087616838%

## Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg 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: 338.62kcal (16.93%), Fat: 16.69g (25.68%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 42.01g (15.28%), Sugar: 34.07g (37.86%), Cholesterol: 74.83mg (24.94%), Sodium: 126.34mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Manganese: 0.54mg (26.88%), Vitamin B6: 0.41mg (20.27%), Vitamin B3: 3.39mg (16.93%), Vitamin E: 2.3mg (15.34%), Magnesium: 58.07mg (14.52%), Fiber: 3.08g (12.31%), Potassium: 411.2mg (11.75%), Phosphorus: 115.14mg (11.51%), Folate: 43.12µg (10.78%), Vitamin C: 6.84mg (8.3%), Vitamin B2: 0.14mg (8%), Copper: 0.16mg (7.92%), Selenium: 5.26µg (7.52%), Vitamin B5: 0.68mg (6.75%), Zinc: 0.81mg (5.4%), Vitamin A: 253.49IU (5.07%), Vitamin B1: 0.06mg (4.32%), Iron: 0.76mg (4.2%), Calcium: 24.19mg (2.42%), Vitamin D: 0.32µg (2.16%), Vitamin B12: 0.12µg (2.08%)