



Red Bananas with Cardamom (Elaichi Kéla)



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



736 kcal

SIDE DISH

Ingredients

- ☐ 4 small banana red
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup brown sugar packed chopped
- ☐ 2 tablespoons juice of lime (1 medium lime)
- ☐ 0.5 teaspoon cardamom (removed from the pods)
- ☐ 1 quart whipped cream

Equipment

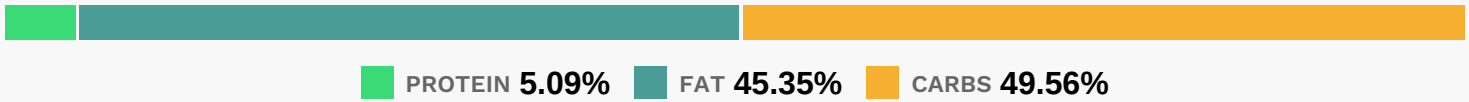
- ☐ bowl

☐ frying pan

Directions

- ☐ Peel bananas and cut lengthwise in half; set aside.
- ☐ Melt butter in 12-inch skillet over medium heat. Cook jaggery in butter, stirring gently, until dissolved.
- ☐ Stir in bananas, lime juice and ground cardamom; reduce heat. Cover and simmer 3 to 5 minutes, stirring occasionally, until bananas are tender.
- ☐ Scoop ice cream into 4 bowls. Spoon bananas with sauce over ice cream.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:44.23, Inflammation Score:-7, Nutrition Score:14.941739279291%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 736.25kcal (36.81%), Fat: 37.89g (58.29%), Saturated Fat: 23.47g (146.67%), Carbohydrates: 93.16g (31.05%), Net Carbohydrates: 88.78g (32.28%), Sugar: 75.95g (84.39%), Cholesterol: 134.6mg (44.87%), Sodium: 195.89mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.15%), Vitamin B2: 0.65mg (38.11%), Calcium: 324.71mg (32.47%), Vitamin A: 1418.97IU (28.38%), Phosphorus: 276.09mg (27.61%), Potassium: 865.66mg (24.73%), Vitamin B6: 0.49mg (24.69%), Manganese: 0.37mg (18.62%), Vitamin B5: 1.75mg (17.55%), Fiber: 4.38g (17.53%), Vitamin B12: 0.95µg (15.78%), Magnesium: 63.09mg (15.77%), Vitamin C: 12.51mg (15.16%), Zinc: 1.83mg (12.17%), Vitamin B1: 0.13mg (8.76%), Folate: 33.34µg (8.34%), Selenium: 5.58µg (7.98%), Vitamin E: 1.16mg (7.71%), Copper: 0.14mg (7.25%), Vitamin B3: 0.98mg (4.9%), Vitamin D: 0.69µg (4.57%), Iron: 0.62mg (3.43%), Vitamin K: 2.25µg (2.15%)