



Red Bananas with Cardamom (Elaichi Kéla)



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

Ingredients

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

Equipment

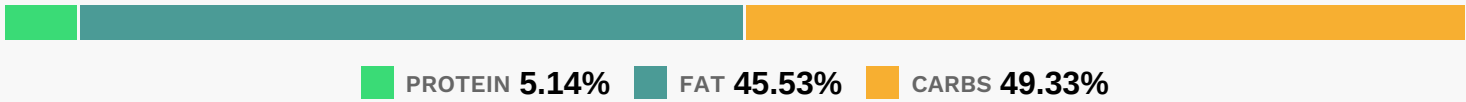
- ☐ bowl

☐ 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:28.94, Glycemic Load:44.22, Inflammation Score:-7, Nutrition Score:14.749999927438%

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: 739.17kcal (36.96%), Fat: 38.17g (58.73%), Saturated Fat: 23.51g (146.91%), Carbohydrates: 93.04g (31.01%), Net Carbohydrates: 88.68g (32.25%), Sugar: 75.96g (84.4%), Cholesterol: 134.6mg (44.87%), Sodium: 195.84mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.39%), Vitamin B2: 0.65mg (38.09%), Calcium: 323.75mg (32.38%), Vitamin A: 1418.97IU (28.38%), Phosphorus: 275.64mg (27.56%), Vitamin B6: 0.49mg (24.66%), Potassium: 862.86mg (24.65%), Vitamin B5: 1.75mg (17.55%), Fiber: 4.37g (17.49%), Vitamin B12: 0.95µg (15.78%), Magnesium: 62.51mg (15.63%), Manganese: 0.3mg (15.12%), Vitamin C: 12.46mg (15.1%), Zinc: 1.81mg (12.05%), Vitamin B1: 0.13mg (8.73%), Folate: 33.34µg (8.34%), Selenium: 5.58µg (7.98%), Vitamin E: 1.16mg (7.71%), Copper: 0.14mg (7.2%), Vitamin B3: 0.98mg (4.89%), Vitamin D: 0.69µg (4.57%), Iron: 0.58mg (3.24%), Vitamin K: 2.25µg (2.15%)