



Rum-Baked Bananas

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup banana-flavored liqueur
- 3 large bananas split halved
- 6 tablespoons brown sugar
- 2 tablespoons butter light melted
- 0.3 cup rum white
- 3 cups whipped cream fat-free

Equipment

- oven

baking pan

Directions

Place banana in an 11 x 7-inch baking dish.

Drizzle with butter; sprinkle with brown sugar, liqueur, and rum.

Bake at 450 for 6 minutes or until bubbly.

Spoon 1/2 cup ice cream into each of 6 dessert dishes. Top evenly with baked banana.

Nutrition Facts

PROTEIN 4.44% **FAT 31.18%** **CARBS 64.38%**

Properties

Glycemic Index:21.8, Glycemic Load:16.74, Inflammation Score:-4, Nutrition Score:5.9234783027483%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 325.3kcal (16.26%), Fat: 10.06g (15.47%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 44.49g (16.18%), Sugar: 37.76g (41.95%), Cholesterol: 33.99mg (11.33%), Sodium: 58.62mg (2.55%), Alcohol: 5.83g (100%), Alcohol %: 4.34% (100%), Protein: 3.22g (6.44%), Vitamin B6: 0.29mg (14.34%), Vitamin B2: 0.21mg (12.45%), Potassium: 394.25mg (11.26%), Calcium: 100.08mg (10.01%), Manganese: 0.2mg (9.92%), Fiber: 2.23g (8.92%), Phosphorus: 86.73mg (8.67%), Vitamin A: 400.62IU (8.01%), Vitamin C: 6.31mg (7.65%), Magnesium: 28.91mg (7.23%), Vitamin B5: 0.63mg (6.26%), Vitamin B12: 0.26µg (4.39%), Folate: 17.07µg (4.27%), Zinc: 0.58mg (3.85%), Copper: 0.08mg (3.8%), Vitamin B1: 0.05mg (3.28%), Selenium: 2.06µg (2.94%), Vitamin B3: 0.54mg (2.72%), Vitamin E: 0.34mg (2.26%), Iron: 0.38mg (2.09%), Vitamin D: 0.18µg (1.19%)