



Rum-Caramel Tropical Sundaes

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce fat-free
- ☐ 1 tablespoon rum
- ☐ 4 slices pineapple fresh cored ()
- ☐ 2 small banana
- ☐ 3 cups whipped cream fat-free frozen

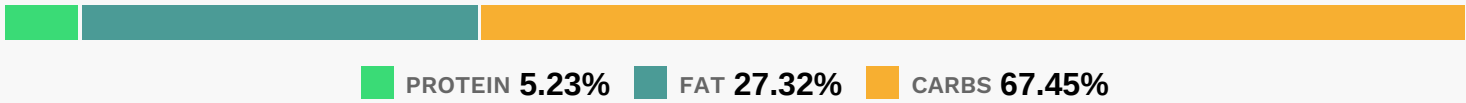
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, mix ice cream topping and rum. Cook over medium heat 2 to 3 minutes, stirring occasionally, until topping is melted and mixture is smooth.
- ☐ Cut each pineapple slice into 6 wedges. Peel bananas; cut diagonally into 1/2-inch-thick slices. Gently stir pineapple and bananas into topping mixture. Cook over medium heat about 2 minutes, stirring gently, until fruit is thoroughly heated.
- ☐ Into each dessert dish, spoon 1/2 cup ice cream. Top each with fruit mixture.

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:16.79, Inflammation Score:-4, Nutrition Score:7.9295651912689%

Flavonoids

Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg 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: 241.04kcal (12.05%), Fat: 7.44g (11.44%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 39.2g (14.26%), Sugar: 34.35g (38.17%), Cholesterol: 29.04mg (9.68%), Sodium: 117.94mg (5.13%), Alcohol: 0.83g (100%), Alcohol %: 0.6% (100%), Protein: 3.21g (6.41%), Vitamin C: 30.19mg (36.59%), Manganese: 0.63mg (31.26%), Vitamin B2: 0.2mg (11.82%), Vitamin B6: 0.22mg (10.9%), Calcium: 102.67mg (10.27%), Potassium: 325.39mg (9.3%), Phosphorus: 88.63mg (8.86%), Fiber: 2.12g (8.49%), Vitamin A: 348.84IU (6.98%), Magnesium: 25.99mg (6.5%), Vitamin B5: 0.64mg (6.45%), Vitamin B1: 0.08mg (5.46%), Copper: 0.1mg (5.18%), Folate: 20.49µg (5.12%), Vitamin B12: 0.29µg (4.86%), Zinc: 0.57mg (3.83%), Vitamin B3: 0.58mg (2.9%), Selenium: 1.83µg (2.61%), Iron: 0.31mg (1.72%), Vitamin E: 0.25mg (1.68%)