

Sauteed Bananas

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bananas peeled halved lengthwise
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 tablespoon butter
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon sugar white

Equipment

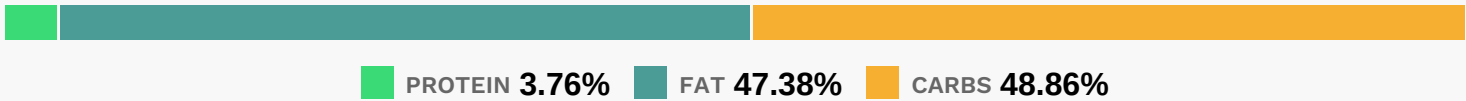
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ In a small saucepan, combine 1/2 cup cream, 1 tablespoon butter and 2 tablespoons sugar over medium heat and bring to a boil.
- ☐ Remove from heat and stir in chopped chocolate until smooth. Set aside.
- ☐ In medium bowl, whip 1/4 cup cream with electric mixer until stiff peaks form. Set aside.
- ☐ In large skillet melt 1 tablespoon butter over medium heat.
- ☐ Sprinkle 1 tablespoon sugar evenly over surface of pan and cook until it begins to turn golden.
- ☐ Place bananas cut side down in pan and pour rum over bananas. Continue to cook, basting with sauce, until bananas begin to soften.
- ☐ To serve, place two warm banana slices on a plate, spoon a little rum sauce over the top, drizzle with chocolate sauce and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:15.15, Inflammation Score:-6, Nutrition Score:10.21739137691%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 402.58kcal (20.13%), Fat: 19.47g (29.95%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 39.84g (14.49%), Sugar: 28.23g (31.37%), Cholesterol: 26.03mg (8.68%), Sodium: 30.77mg (1.34%), Alcohol: 6.68g (100%), Alcohol %: 4.51% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.47g (6.95%), Manganese: 0.7mg (34.9%), Copper: 0.45mg (22.59%), Vitamin B6: 0.45mg (22.41%), Fiber: 5.34g (21.34%), Magnesium: 82.87mg (20.72%), Potassium: 598.61mg (17.1%), Vitamin C: 10.36mg (12.55%), Iron: 2.12mg (11.8%),

Phosphorus: 109.94mg (10.99%), Vitamin A: 395.82IU (7.92%), Vitamin B2: 0.13mg (7.68%), Zinc: 0.98mg (6.5%), Folate: 24.3µg (6.07%), Selenium: 4.06µg (5.8%), Vitamin B5: 0.52mg (5.21%), Vitamin B3: 1.04mg (5.18%), Calcium: 34.16mg (3.42%), Vitamin E: 0.5mg (3.36%), Vitamin B1: 0.05mg (3.33%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.08µg (1.35%)