



Sauteed Bananas in Praline Sauce with Vanilla Ice Cream

READY IN

ready

12 min.

SERVINGS

servings

4

CALORIES

calories

748 kcal

SAUCE

Ingredients

- ☐ 4 bananas ripe halved lengthwise halved
- ☐ 3 tablespoons bourbon
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup pecans chopped for garnish
- ☐ 4 tablespoons butter unsalted
- ☐ 1 pint premium vanilla ice cream softened

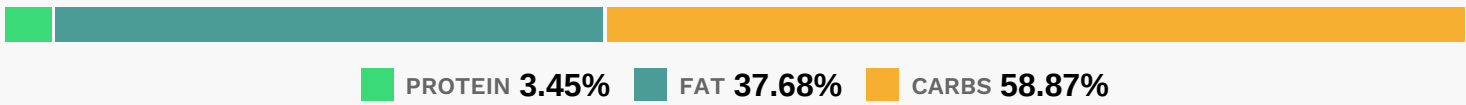
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to high. Melt the butter in a large saute pan on the grates of the grill.
- ☐ Whisk in the sugar and cook until melted and smooth. Standing back, carefully add the bourbon and cook for 2 minutes.
- ☐ Add 1/3 cup pecans and cook for 30 seconds.
- ☐ Add the bananas and spoon the sauce over the bananas constantly until softened, about 4 to 5 minutes.
- ☐ Scoop the ice cream into bowls and top with the bananas and sauce.
- ☐ Garnish with the remaining chopped pecans and serve.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:29.62, Inflammation Score:-7, Nutrition Score:13.333478212357%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 748.02kcal (37.4%), Fat: 31.3g (48.15%), Saturated Fat: 15.92g (99.48%), Carbohydrates: 110.05g (36.68%), Net Carbohydrates: 105.28g (38.28%), Sugar: 93.19g (103.55%), Cholesterol: 82.15mg (27.38%), Sodium: 112.87mg

(4.91%), Alcohol: 3.76g (100%), Alcohol %: 1.46% (100%), Protein: 6.44g (12.89%), Manganese: 0.77mg (38.73%), Vitamin B6: 0.53mg (26.6%), Vitamin B2: 0.39mg (22.77%), Potassium: 771.82mg (22.05%), Calcium: 212.68mg (21.27%), Fiber: 4.77g (19.07%), Vitamin A: 928.48IU (18.57%), Phosphorus: 181.34mg (18.13%), Magnesium: 64.64mg (16.16%), Vitamin C: 11.08mg (13.43%), Copper: 0.26mg (12.94%), Vitamin B5: 1.25mg (12.48%), Vitamin B1: 0.15mg (9.76%), Zinc: 1.44mg (9.59%), Folate: 32.48µg (8.12%), Vitamin B12: 0.49µg (8.09%), Selenium: 4.45µg (6.36%), Vitamin E: 0.92mg (6.17%), Iron: 1.04mg (5.78%), Vitamin B3: 1.1mg (5.48%), Vitamin D: 0.45µg (2.98%), Vitamin K: 2.24µg (2.14%)