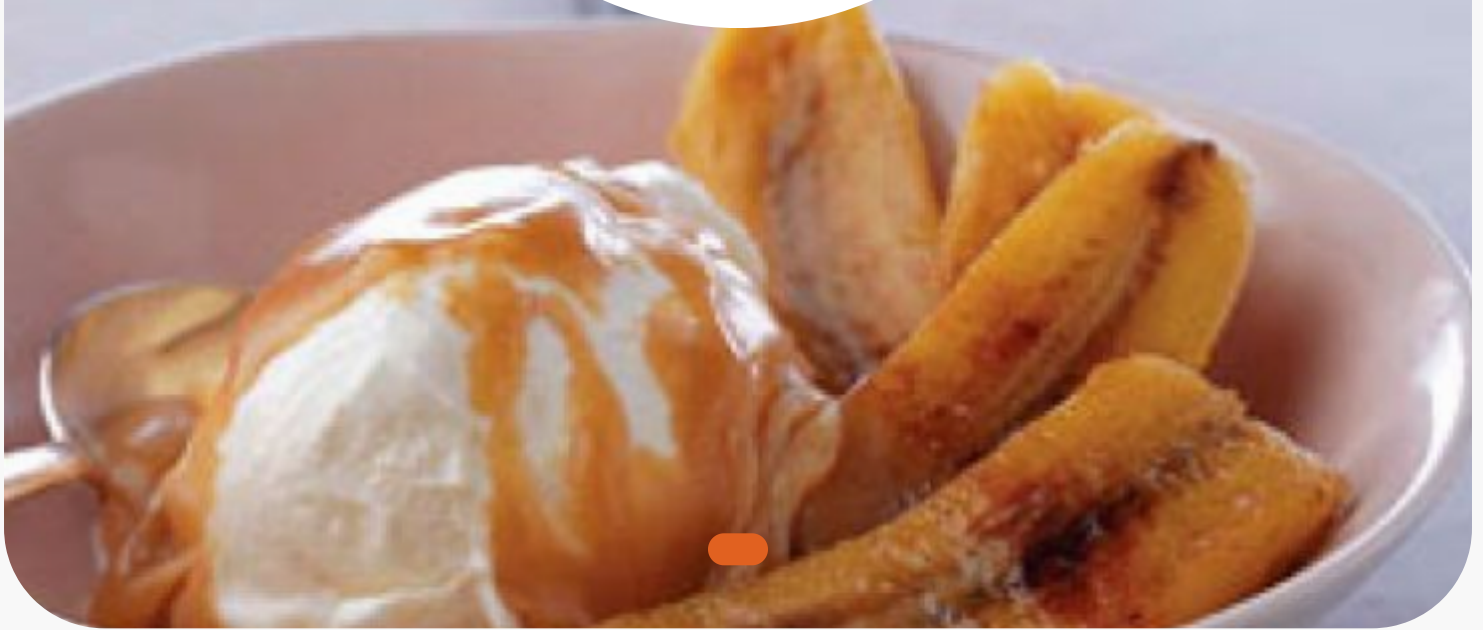




Sauteed Bananas with Cardamom Praline Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

Ingredients

- ☐ 4 banana halved lengthwise
- ☐ 1 pinch ground cardamom
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 teaspoon juice of lime fresh
- ☐ 0.3 cup butter unsalted
- ☐ 4 servings whipped cream

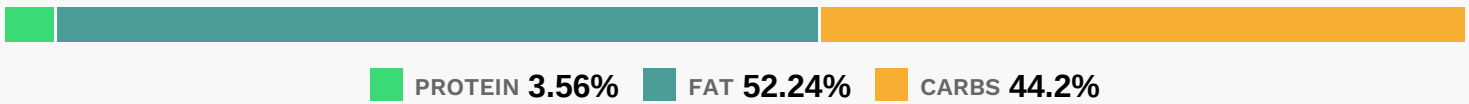
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat 1 tablespoon butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté half of bananas, cut sides down first, turning over once, until golden, 1 1/2 to 2 minutes total.
- ☐ Transfer with a slotted spatula to 2 dessert bowls.
- ☐ Heat 1 tablespoon butter and sauté remaining bananas in same manner, transferring to 2 more bowls.
- ☐ Melt remaining 2 tablespoons butter in skillet over moderate heat, then add brown sugar, cream, cardamom, and a pinch of salt and simmer, stirring occasionally, until sauce is slightly thickened, about 2 minutes.
- ☐ Remove from heat and stir in lime juice.
- ☐ Spoon sauce over bananas and ice cream.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:22.28, Inflammation Score:-7, Nutrition Score:9.8260869772538%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 497.08kcal (24.85%), Fat: 29.9g (46%), Saturated Fat: 18.74g (117.15%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 53.38g (19.41%), Sugar: 42.62g (47.35%), Cholesterol: 93.16mg (31.05%), Sodium: 67.45mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin B6: 0.48mg (24.08%), Vitamin A: 1145.72IU (22.91%), Vitamin B2: 0.31mg (17.97%), Potassium: 605.11mg (17.29%), Manganese: 0.34mg (17.04%), Fiber: 3.54g (14.16%), Vitamin C: 11.13mg (13.49%), Calcium: 125.06mg (12.51%), Phosphorus: 116.65mg (11.66%), Magnesium: 44.84mg (11.21%), Vitamin B5: 0.89mg (8.88%), Folate: 28.75µg (7.19%), Vitamin E: 0.92mg (6.14%), Copper: 0.12mg (5.98%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.82µg (5.47%), Selenium: 3.57µg (5.1%), Zinc: 0.72mg (4.82%), Vitamin B1: 0.07mg (4.71%), Vitamin B3: 0.9mg (4.51%), Iron: 0.5mg (2.78%), Vitamin K: 2.74µg (2.61%)