



## Sauteed Bananas with Maple Praline Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



900 kcal

SIDE DISH

### Ingredients

- 6 servings banana chips
- 6 bananas peeled halved lengthwise
- 0.8 cup heavy cream
- 1.5 cups maple syrup
- 0.8 cup pecans chopped
- 6 tablespoons butter unsalted
- 6 servings whipped cream

### Equipment

frying pan

sauce pan

## Directions

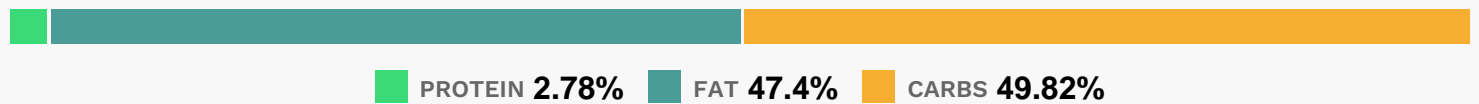
In a saucepan, combine the maple syrup, cream, and pecans. Bring the liquid to a gentle boil over moderate heat, and cook the mixture, stirring occasionally, until it is thickened, about 18 to 20 minutes. In a large skillet saute the bananas in the butter over moderately high heat for 1 to 2 minutes on each side, or until they are browned lightly.

Transfer the bananas to a heated platter and spoon the sauce over them or, if desired, use the bananas and the sauce as a topping for the ice cream.

Garnish with banana chips, if using.

Prep time: 10 minutes Cooking time: 25 minutes

## Nutrition Facts



## Properties

Glycemic Index:27.05, Glycemic Load:42.13, Inflammation Score:-7, Nutrition Score:20.626087240551%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg, Catechin: 8.18mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 899.99kcal (45%), Fat: 48.96g (75.33%), Saturated Fat: 27.61g (172.56%), Carbohydrates: 115.82g (38.61%), Net Carbohydrates: 108.83g (39.57%), Sugar: 87.93g (97.7%), Cholesterol: 92.76mg (30.92%), Sodium: 72.48mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Manganese: 3.23mg (161.31%), Vitamin B2: 1.35mg (79.41%), Vitamin B6: 0.58mg (28.85%), Fiber: 6.99g (27.98%), Potassium: 972.47mg (27.78%), Magnesium: 98.13mg (24.53%), Vitamin A: 1171.44IU (23.43%), Calcium: 215.7mg (21.57%), Phosphorus: 169.3mg (16.93%), Copper: 0.33mg (16.68%), Vitamin B1: 0.24mg (15.81%), Vitamin C: 12.75mg (15.46%), Zinc: 2.11mg (14.05%),

Vitamin B5: 1.16mg (11.6%), Folate: 35.43µg (8.86%), Vitamin E: 1.17mg (7.82%), Iron: 1.18mg (6.57%), Vitamin B3: 1.31mg (6.55%), Selenium: 4.34µg (6.2%), Vitamin B12: 0.33µg (5.48%), Vitamin D: 0.82µg (5.45%), Vitamin K: 3.56µg (3.39%)