



Slow Cooker Bananas Foster

 Vegetarian  Gluten Free  Low Fod Map

READY IN



130 min.

SERVINGS



4

CALORIES



518 kcal

DESSERT

Ingredients

- 4 bananas peeled sliced
- 1 cup brown sugar packed
- 4 tablespoons butter melted
- 0.3 cup coconut or shredded
- 0.5 teaspoon ground cinnamon
- 0.3 cup rum
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped

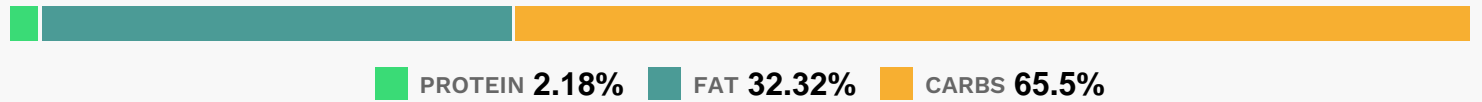
Equipment

- bowl
- slow cooker

Directions

- Layer sliced bananas in the bottom of a slow cooker.
- Combine butter, brown sugar, rum, vanilla and cinnamon in a small bowl; pour over bananas.
- Cover and cook on Low for 2 hours. Top bananas with walnuts and coconut during the last 30 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:13.2, Inflammation Score:-5, Nutrition Score:8.7586957436541%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 518.07kcal (25.9%), Fat: 18.19g (27.98%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 82.96g (27.65%), Net Carbohydrates: 78.82g (28.66%), Sugar: 68.39g (75.99%), Cholesterol: 30.1mg (10.03%), Sodium: 108.01mg (4.7%), Alcohol: 5.35g (100%), Alcohol %: 3.15% (100%), Protein: 2.76g (5.52%), Manganese: 0.73mg (36.36%), Vitamin B6: 0.5mg (24.94%), Fiber: 4.14g (16.56%), Potassium: 551.86mg (15.77%), Copper: 0.26mg (13.03%), Vitamin C: 10.54mg (12.77%), Magnesium: 50.51mg (12.63%), Vitamin A: 427.58IU (8.55%), Folate: 33.05µg (8.26%), Calcium: 65.39mg (6.54%), Phosphorus: 63.29mg (6.33%), Vitamin B2: 0.1mg (6.15%), Iron: 1.06mg (5.9%), Vitamin B5: 0.54mg (5.4%), Vitamin B3: 0.97mg (4.85%), Vitamin B1: 0.07mg (4.44%), Selenium: 2.85µg (4.07%), Vitamin E: 0.51mg (3.41%), Zinc: 0.5mg (3.32%), Vitamin K: 1.86µg (1.77%)