



Spiced Bananas with Rum Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple juice concentrate thawed
- ☐ 0.5 pound bananas firm ripe
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons rum dark
- ☐ 1 cup vanilla yogurt frozen low-fat
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon butter

☐ 1 teaspoon vanilla extract

Equipment

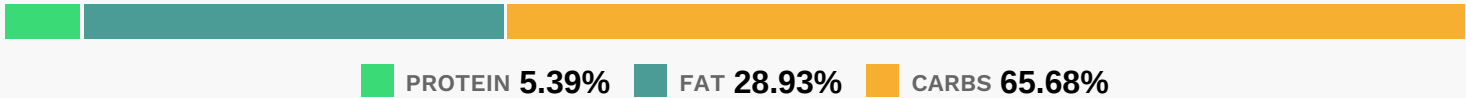
☐ frying pan

☐ sauce pan

Directions

- ☐ Cut bananas in half crosswise, then lengthwise; set aside.
- ☐ Melt the margarine in a large nonstick skillet over medium-high heat.
- ☐ Add brown sugar, apple juice concentrate, vanilla, cinnamon, and allspice, and cook for 30 seconds.
- ☐ Add banana pieces, and cook for 1 minute. Turn banana pieces over, and cook an additional minute.
- ☐ Heat rum in a small saucepan.
- ☐ Pour over banana mixture. If desired, ignite rum with a long match; let flames die down. Stir gently.
- ☐ Arrange 4 banana pieces on each of 2 dessert plates; spoon sauce over banana pieces, and top each serving with 1/2 cup frozen yogurt.
- ☐ Garnish with fresh mint sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.26, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:8.5065217445726%

Flavonoids

Catechin: 7.1mg, Catechin: 7.1mg, Catechin: 7.1mg, Catechin: 7.1mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 336.79kcal (16.84%), Fat: 10.08g (15.5%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 48.33g (17.57%), Sugar: 38.64g (42.93%), Cholesterol: 1.44mg (0.48%), Sodium: 132.52mg (5.76%), Alcohol: 5.7g (100%), Alcohol %: 3.13% (100%), Protein: 4.22g (8.44%), Vitamin B6: 0.48mg (24.04%), Manganese: 0.38mg (19.22%), Potassium: 589.6mg (16.85%), Vitamin B2: 0.25mg (14.82%), Vitamin C: 10.65mg (12.91%), Fiber: 3.14g (12.55%), Phosphorus: 121.75mg (12.17%), Calcium: 120.46mg (12.05%), Magnesium: 42.76mg (10.69%), Vitamin A: 477.17IU (9.54%), Vitamin B5: 0.87mg (8.66%), Folate: 27.19µg (6.8%), Copper: 0.13mg (6.4%), Selenium: 3.61µg (5.15%), Vitamin B3: 1mg (4.99%), Vitamin B1: 0.07mg (4.46%), Vitamin B12: 0.22µg (3.6%), Iron: 0.61mg (3.39%), Zinc: 0.49mg (3.28%), Vitamin E: 0.42mg (2.78%)