



Tequila-Flambéed Bananas With Coconut Ice Cream

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



791 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 banana with green tips unpeeled
- ☐ 4 tablespoons butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 pt whipped cream
- ☐ 0.3 cup t brown sugar dark light packed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated

- ☐ 0.3 cup orange juice
- ☐ 4 tablespoons tequila

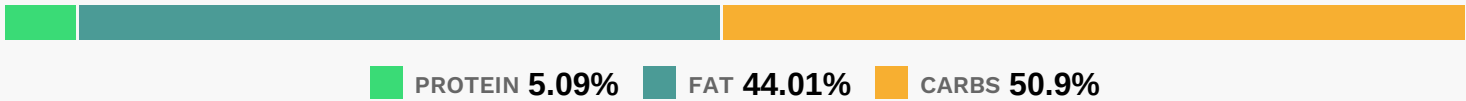
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter with next 5 ingredients in a medium skillet over medium-high heat, stirring until blended. Reduce heat to medium, and cook 3 minutes or until sugar is dissolved. Peel bananas, and cut in half lengthwise.
- ☐ Add bananas, and cook 1 minute.
- ☐ Remove skillet from heat; stir in tequila, and carefully ignite the fumes just above mixture with a long match or long multipurpose lighter.
- ☐ Let flames die down.
- ☐ Return skillet to heat, and cook 3 to 4 minutes or until bananas are soft and liquid is caramelized, spooning sauce over bananas.
- ☐ Serve bananas and sauce immediately over coconut ice cream.
- ☐ Note: For testing purposes only, we used All Natural Boulder Island Coconut Ice Cream.

Nutrition Facts



Properties

Glycemic Index:67.44, Glycemic Load:46.94, Inflammation Score:-8, Nutrition Score:16.181304382241%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 790.64kcal (39.53%), Fat: 37.81g (58.16%), Saturated Fat: 23.4g (146.23%), Carbohydrates: 98.39g (32.8%), Net Carbohydrates: 93.48g (33.99%), Sugar: 79.27g (88.08%), Cholesterol: 134.2mg (44.73%), Sodium: 284.73mg (12.38%), Alcohol: 5.01g (100%), Alcohol %: 1.52% (100%), Protein: 9.84g (19.68%), Vitamin B2: 0.66mg (39.1%), Calcium: 328.32mg (32.83%), Vitamin A: 1455.15IU (29.1%), Phosphorus: 282.25mg (28.23%), Vitamin B6: 0.56mg (28.05%), Potassium: 951.92mg (27.2%), Vitamin C: 20.64mg (25.02%), Manganese: 0.4mg (19.78%), Fiber: 4.91g (19.64%), Vitamin B5: 1.84mg (18.38%), Magnesium: 68.67mg (17.17%), Vitamin B12: 0.95µg (15.77%), Zinc: 1.85mg (12.32%), Folate: 41.05µg (10.26%), Vitamin B1: 0.15mg (10.01%), Copper: 0.16mg (8.25%), Selenium: 5.77µg (8.25%), Vitamin E: 1.17mg (7.82%), Vitamin B3: 1.15mg (5.77%), Iron: 0.68mg (3.79%), Vitamin D: 0.47µg (3.15%), Vitamin K: 2.4µg (2.28%)