



Tropical Bananas Foster

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



269 kcal

DESSERT

Ingredients

- 4 banana ripe cut into 1/2-inch-thick slices
- 3 tablespoons butter
- 0.5 cup t brown sugar dark packed
- 0.3 cup rum dark
- 0.3 teaspoon ground cinnamon
- 0.3 cup lite coconut milk light
- 1.8 cups vanilla ice cream light
- 1 cup pineapple fresh cubed (1-inch)

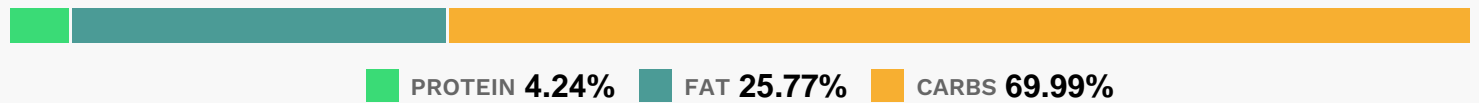
Equipment

- whisk
- slow cooker

Directions

- Coat a 3-quart electric slow cooker with cooking spray.
- Combine brown sugar and next 3 ingredients (through rum) in slow cooker. Cover and cook on LOW for 1 hour. Stir with a whisk until smooth.
- Add pineapple, cinnamon, and banana to sauce, stirring to coat. Cover and cook on LOW for 15 minutes.
- Serve immediately over ice cream.
- Quick tip: Fresh pineapple is a treat, but sometimes for the sake of convenience, the precut variety is worth reaching for. Either way, you can't go wrong.

Nutrition Facts



Properties

Glycemic Index:31.35, Glycemic Load:13.08, Inflammation Score:-4, Nutrition Score:6.5465217362279%

Flavonoids

Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 268.86kcal (13.44%), Fat: 7.43g (11.43%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 43.15g (15.69%), Sugar: 34.19g (37.99%), Cholesterol: 23.16mg (7.72%), Sodium: 78.06mg (3.39%), Alcohol: 2.86g (100%), Alcohol %: 2.18% (100%), Protein: 2.75g (5.5%), Manganese: 0.43mg (21.33%), Vitamin C: 17.59mg (21.32%), Vitamin B6: 0.3mg (14.89%), Potassium: 368.95mg (10.54%), Vitamin B2: 0.16mg (9.18%), Fiber: 2.24g (8.94%), Calcium: 82.81mg (8.28%), Vitamin A: 377.22IU (7.54%), Magnesium: 27.93mg (6.98%), Phosphorus: 58.32mg (5.83%), Folate: 20.35µg (5.09%), Vitamin B5: 0.49mg (4.86%), Copper: 0.09mg (4.72%), Vitamin B1: 0.06mg (4.03%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.19µg (3.15%), Zinc: 0.42mg (2.81%),

Selenium: 1.71µg (2.44%), Iron: 0.44mg (2.43%), Vitamin E: 0.26mg (1.72%), Vitamin K: 1.1µg (1.04%)