



Tropical Bananas Foster

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 2 medium bananas
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 2 cups vanilla nonfat yogurt frozen
- ☐ 8 ounce pineapple chunks in juice drained canned
- ☐ 0.3 cup rum white

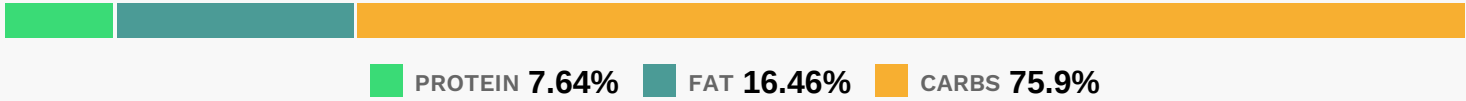
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Peel bananas; cut each banana in half lengthwise.
- ☐ Cut each half into four pieces.
- ☐ Place brown sugar and margarine in a large skillet, and cook over medium heat until margarine melts, stirring constantly.
- ☐ Add banana, pineapple chunks, and cinnamon; cook just until banana is tender, stirring and basting frequently with cooking liquid.
- ☐ Place rum in a small saucepan, and cook until warm. Ignite rum with a long match, and pour over banana mixture. Stir banana mixture gently until flame dies down. Spoon yogurt into dessert bowls, and top with banana mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:6.53, Inflammation Score:-5, Nutrition Score:8.8047825771829%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 357.86kcal (17.89%), Fat: 6.14g (9.44%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 63.7g (21.23%), Net Carbohydrates: 61.36g (22.31%), Sugar: 56.34g (62.6%), Cholesterol: 2.45mg (0.82%), Sodium: 143.51mg (6.24%), Alcohol: 5.01g (100%), Alcohol %: 2.28% (100%), Protein: 6.41g (12.82%), Calcium: 216.79mg (21.68%), Phosphorus: 165.75mg (16.57%), Vitamin B2: 0.28mg (16.4%), Vitamin B6: 0.32mg (15.83%), Potassium: 547.34mg (15.64%), Vitamin C: 11.34mg (13.74%), Selenium: 8.39µg (11.99%), Manganese: 0.24mg (11.92%), Magnesium: 44.74mg (11.19%),

Vitamin B12: 0.58µg (9.71%), Fiber: 2.34g (9.35%), Vitamin B1: 0.13mg (8.45%), Zinc: 1.07mg (7.1%), Vitamin A: 331.57IU (6.63%), Copper: 0.13mg (6.62%), Folate: 25.92µg (6.48%), Vitamin B3: 0.7mg (3.51%), Iron: 0.54mg (3.02%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.23mg (2.28%), Vitamin K: 2.08µg (1.98%)