



Warm Baby Bananas with Dulce de Leche Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

Ingredients

- 6 servings amaretti cookies crushed
- 12 banana peeled
- 9 ounce dulce de leche
- 0.5 teaspoon ground cinnamon
- 1 pinch nutmeg
- 2 tablespoons juice of lemon fresh
- 0.8 cup dulce de leche
- 2 teaspoons sugar

2 tablespoons butter unsalted ()

Equipment

bowl

frying pan

sauce pan

whisk

spatula

Directions

Whisk dulce de leche sauce and liqueur in small saucepan over low heat until sauce is just warm.

Whisk lemon juice, sugar, cinnamon, and nutmeg in large bowl to blend; add bananas and toss to coat.

Melt butter in large skillet over medium-high heat.

Add bananas; sauté until heated through and beginning to brown, turning gently with heat-resistant rubber spatula, about 5 minutes.

Transfer 2 bananas to each of 6 plates.

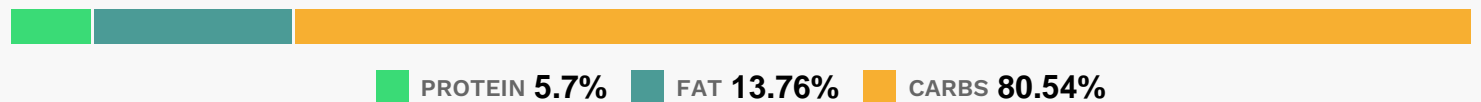
Drizzle warm sauce over.

Sprinkle with crushed amaretti and serve.

*Available at some supermarkets, liquor stores, and Latin markets.

**Available at some supermarkets and Italian markets.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:27.08, Inflammation Score:-5, Nutrition Score:11.092608621587%

Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 377.02kcal (18.85%), Fat: 6.22g (9.57%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 81.92g (27.31%), Net Carbohydrates: 74.6g (27.13%), Sugar: 52.33g (58.15%), Cholesterol: 10.03mg (3.34%), Sodium: 86.98mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin B6: 0.87mg (43.45%), Manganese: 0.67mg (33.6%), Fiber: 7.32g (29.3%), Vitamin C: 22.48mg (27.25%), Potassium: 852.48mg (24.36%), Magnesium: 64.52mg (16.13%), Folate: 48.48µg (12.12%), Vitamin B2: 0.17mg (10.3%), Copper: 0.19mg (9.4%), Vitamin B5: 0.8mg (8.01%), Vitamin B3: 1.58mg (7.9%), Iron: 1.02mg (5.65%), Phosphorus: 53.9mg (5.39%), Vitamin A: 268.62IU (5.37%), Vitamin B1: 0.08mg (5.01%), Selenium: 2.43µg (3.47%), Zinc: 0.37mg (2.45%), Vitamin E: 0.36mg (2.37%), Calcium: 15.21mg (1.52%), Vitamin K: 1.56µg (1.48%)