



Warm Bananas with Brown Sugar and Bay Leaf



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 quart bananas ripe peeled
- ☐ 2 bay leaves
- ☐ 2 tablespoons brandy
- ☐ 0.3 teaspoon coarsely ground pepper fresh black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup orange juice fresh

- ☐ 1 pinch salt
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ frying pan

Directions

- ☐ In large skillet over high heat, melt the butter and cook until it browns, about 3 minutes.
- ☐ Add the bay leaves and stand back (it may pop).
- ☐ Add the lemon juice, orange juice, brown sugar, brandy, and a pinch of salt. Bring the mixture up to a boil. Stir and cook until the liquid has reduced by half and it has reached a syrupy consistency, about 5 minutes.
- ☐ Remove the pan from the heat.
- ☐ Add the bananas and pepper. Stir to coat the bananas evenly.
- ☐ Serve immediately spooned over cake or ice cream.
- ☐ Cooking Notes: You can make the sauce hours ahead of time. Just add the fruit after you bring the sauce back to a simmer. The fruit should be a little cool inside.
- ☐ Serve it with a good, store bought chocolate cake or spoon it over your favorite ice cream.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:14.74, Inflammation Score:-5, Nutrition Score:7.3926087417032%

Flavonoids

Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 283.64kcal (14.18%), Fat: 6.14g (9.45%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 54.32g (19.75%), Sugar: 43.81g (48.68%), Cholesterol: 15.05mg (5.02%), Sodium: 14.9mg (0.65%), Alcohol: 1.25g (100%), Alcohol %: 0.83% (100%), Protein: 1.62g (3.24%), Vitamin C: 27.25mg (33.04%), Vitamin B6: 0.46mg (23.02%), Manganese: 0.35mg (17.64%), Potassium: 528.65mg (15.1%), Fiber: 3.17g (12.69%), Magnesium: 38.33mg (9.58%), Folate: 34.25µg (8.56%), Vitamin A: 314.75IU (6.3%), Copper: 0.12mg (6.11%), Vitamin B2: 0.1mg (5.82%), Vitamin B5: 0.5mg (5.04%), Vitamin B3: 0.95mg (4.74%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 34.65mg (3.47%), Calcium: 34.54mg (3.45%), Iron: 0.59mg (3.26%), Selenium: 1.62µg (2.32%), Vitamin E: 0.3mg (2%), Zinc: 0.21mg (1.42%), Vitamin K: 1.21µg (1.16%)