



Warm Doughnuts à la Mode with Bananas and Spiced Caramel Sauce



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



479 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 small bananas ripe peeled
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon rum dark
- ☐ 2 glazed doughnuts
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 servings pecans toasted
- ☐ 2 servings whipped cream

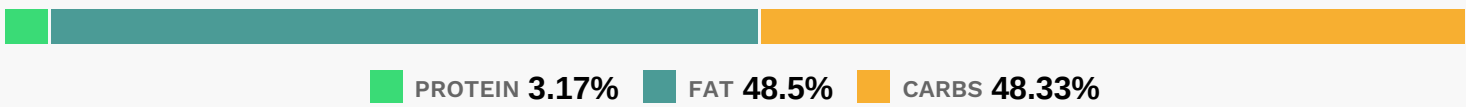
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place doughnuts on small baking sheet; set aside. Stir butter and brown sugar in heavy medium skillet over medium heat until butter is melted. Boil 1 minute, stirring occasionally.
- ☐ Remove from heat.
- ☐ Mix in lemon juice and spices, then rum; stir to blend. Cool caramel sauce 3 minutes.
- ☐ Meanwhile, broil doughnuts just until hot and bubbly, watching closely to avoid burning, 1 to 2 minutes per side.
- ☐ Transfer doughnuts to 2 plates. Toss bananas with caramel sauce in skillet. Top doughnuts with scoop of ice cream, flattening slightly in center. Spoon bananas and caramel sauce over.
- ☐ Sprinkle with nuts and serve.
- ☐ One serving (without ice cream) contains the following: 281.99 Calories (kcal), 48.8% Calories from Fat, 15.30 (g) Fat, 7.07 (g) Saturated Fat, 24.30 (mg)
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:132.89, Glycemic Load:20.44, Inflammation Score:-6, Nutrition Score:8.9486955818923%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg 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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 478.68kcal (23.93%), Fat: 25.8g (39.7%), Saturated Fat: 15.52g (97.02%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 54.19g (19.71%), Sugar: 44.36g (49.29%), Cholesterol: 74.19mg (24.73%), Sodium: 198.03mg (8.61%), Alcohol: 2.51g (100%), Alcohol %: 1.43% (100%), Protein: 3.79g (7.59%), Manganese: 0.47mg (23.55%), Vitamin B6: 0.42mg (20.81%), Vitamin A: 870.49IU (17.41%), Potassium: 534.97mg (15.28%), Fiber: 3.66g (14.64%), Vitamin B2: 0.24mg (14.24%), Vitamin C: 11.16mg (13.53%), Calcium: 118.96mg (11.9%), Magnesium: 40.74mg (10.18%), Phosphorus: 101.5mg (10.15%), Vitamin B5: 0.79mg (7.86%), Folate: 25.67µg (6.42%), Copper: 0.12mg (6.03%), Vitamin E: 0.83mg (5.5%), Vitamin B12: 0.29µg (4.88%), Zinc: 0.7mg (4.66%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.81mg (4.03%), Selenium: 2.69µg (3.85%), Iron: 0.57mg (3.14%), Vitamin K: 2.44µg (2.33%)