



Warm Tropical Banana Ice Cream Topping

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

Ingredients

- 6 bananas ripe sliced
- 3 tablespoons butter
- 3.5 tablespoons confectioners' sugar
- 1 cup coconut or sweetened flaked
- 2 teaspoons vanilla extract
- 0.3 cup walnuts chopped

Equipment

- frying pan

Directions

- Melt the butter in a skillet over medium heat.
- Place the banana slices in the skillet, stir in the vanilla, and cook until bananas are golden brown. Stir in the coconut, and top with confectioners' sugar and walnuts.
- Serve immediately over ice cream.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:13.13, Inflammation Score:-4, Nutrition Score:7.6817391935898%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg 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: 273.69kcal (13.68%), Fat: 13.21g (20.33%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 34.94g (12.71%), Sugar: 24.47g (27.19%), Cholesterol: 15.05mg (5.02%), Sodium: 86.88mg (3.78%), Alcohol: 0.46g (100%), Alcohol %: 0.39% (100%), Protein: 2.53g (5.06%), Manganese: 0.62mg (31.21%), Vitamin B6: 0.46mg (23.2%), Fiber: 4.8g (19.19%), Potassium: 498.83mg (14.25%), Vitamin C: 10.33mg (12.52%), Magnesium: 47.09mg (11.77%), Copper: 0.21mg (10.63%), Folate: 29.01µg (7.25%), Vitamin B2: 0.1mg (5.89%), Phosphorus: 58.75mg (5.88%), Selenium: 3.8µg (5.43%), Vitamin A: 251.43IU (5.03%), Vitamin B3: 0.95mg (4.73%), Vitamin B5: 0.45mg (4.5%), Vitamin B1: 0.06mg (3.72%), Iron: 0.67mg (3.71%), Zinc: 0.44mg (2.91%), Vitamin E: 0.31mg (2.1%), Calcium: 14.11mg (1.41%), Vitamin K: 1.21µg (1.15%)