

Banana Flambee'

Mrs. Dean M. Moseley

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

3 tablespoons butter
1 tablespoon brown sugar
4 ripe bananas, peeled and cut in half lengthwise
1 package (10 ounce) frozen raspberries, partially thawed
2 tablespoons Grand Marnier liqueur
2 tablespoons sugar

Melt the butter in a copper or other heavy skillet. Add the brown sugar. When the sugar has dissolved, add the bananas to it. Saute' the bananas on each side for about 3 minutes.

Place the raspberries, Grand Marnier and sugar in a blender. Blend until smooth. Strain through a fine sieve. Add to the bananas. Reheat.

Pour a little more Grand Marnier over the banana mixture. Ignite with a match.

Serve while it is still burning.

Per Serving (excluding unknown items): 109 Calories; 9g Fat (69.4% calories from fat); trace Protein; 8g Carbohydrate; 0g Dietary Fiber; 23mg Cholesterol; 89mg Sodium. Exchanges: 1 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	109	Vitamin B6 (mg):	trace
% Calories from Fat:	69.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	30.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	trace
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	23mg	% Refuse:	0.0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0

Protein (g): trace
Sodium (mg): 89mg
Potassium (mg): 11mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 325IU
Vitamin A (r.e.): 80 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 109 **Calories from Fat:** 76

% Daily Values*

Total Fat 9g	13%
Saturated Fat 5g	27%
Cholesterol 23mg	8%
Sodium 89mg	4%
Total Carbohydrates 8g	3%
Dietary Fiber 0g	0%
Protein trace	
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Vitamin A	7%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.