

Bananas Foster

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Servings: 8

1/2 cup unsweetened pineapple juice
1/4 teaspoon ground cinnamon
3 large firm bananas
1 can (8 ounce) unsweetened sliced
pineapple, drained
1/4 cup rum
1 quart vanilla ice milk

Combine the pineapple juice and cinnamon in a medium skillet. Peel the bananas and slice in half crosswise; then quarter each piece lengthwise. Quarter each pineapple slice. Add the bananas and pineapple to the juice mixture. Cook over medium heat until the bananas are slightly soft, basting constantly with juice.

Place the rum in a small, long-handled pan. Heat just until warm. Ignite the rum with a long match and pour over the fruit. Serve immediately over ice milk.

Per Serving (excluding unknown items): 117 Calories; 3g Fat (24.5% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	117	Vitamin B6 (mg):	.1mg
% Calories from Fat:	24.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	65.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	8mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	16
Cholesterol (mg):	9mg	% Refuse:	0.0%
Carbohydrate (g):	17g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0

Sodium (mg): 56mg
Potassium (mg): 161mg
Calcium (mg): 95mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 110IU
Vitamin A (r.e.): 31RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 117 Calories from Fat: 29

% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	9%
Cholesterol	9mg	3%
Sodium	56mg	2%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	0%
Protein	3g	

Vitamin A	2%
Vitamin C	4%
Calcium	10%
Iron	1%

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