

Caramel Banana Dogs

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Servings: 2

*2 small bananas
1/4 cup + 2 teaspoons butter,
divided
1/2 cup packed light brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
2 hot dog buns
2 teaspoons granulated sugar
strawberry jam*

Preparation Time: 10 minutes

Peel the bananas and trim the ends with a paring knife so they look rounded, like the ends of a hot dog.

Melt 1/4 cup of butter in a nonstick skillet over medium-low heat. Add the brown sugar and cinnamon. Cook, stirring, until the sugar melts and the mixture thickens, about 5 minutes. Stir in the vanilla.

Put the bananas in the skillet and spoon the caramel over. Let cook for 1 minute, then flip and spoon more caramel over the other sides. Cook for 1 to 2 minutes. Turn off the heat and let sit for 1 minute. (Some caramel will be left in the skillet.)

Meanwhile, toast the buns. Spread each with one teaspoon of butter and sprinkle with granulated sugar. Put the bananas in the buns.

Spoon the jam into a squeeze bottle or a zip-top bag (snip off one corner to make a small opening). Squeeze the jam in a squiggle over the bananas.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 561 Calories; 14g Fat (22.2% calories from fat); 5g Protein; 108g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 381mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Fruit; 2 1/2 Fat; 4 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	561
% Calories from Fat:	22.2%
% Calories from Carbohydrates:	74.4%
% Calories from Protein:	3.5%
Total Fat (g):	14g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	108g
Dietary Fiber (g):	4g
Protein (g):	5g
Sodium (mg):	381mg
Potassium (mg):	725mg
Calcium (mg):	96mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	531IU
Vitamin A (r.e.):	117RE

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Deficient:	n n%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	4

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 561 Calories from Fat: 124

% Daily Values*

Total Fat	14g	22%
Saturated Fat	8g	39%
Cholesterol	31mg	10%
Sodium	381mg	16%
Total Carbohydrates	108g	36%
Dietary Fiber	4g	17%
Protein	5g	
Vitamin A		11%
Vitamin C		18%
Calcium		10%
Iron		17%

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