

EASY BANANAS FOSTER

Recipe by rouxdog

Classic New Orleans dessert, made simple for the folks at home. The alcohol is optional.



READY IN: 10mins

SERVES: 2

UNITS: US

INGREDIENTS

- 2 tablespoons butter

- 2 bananas, sliced

- 1 cup light brown sugar

- 1 teaspoon vanilla

- ½ teaspoon cinnamon

- 1 pinch salt

- 2 scoops ice cream (vanilla or something more exotic like praline or wattleseed)

NUTRITION INFO

Serving Size: 1 (310) g

Servings Per Recipe: 2

| AMT. PER SERVING | % DAILY VALUE |
|-----------------------------------|----------------------|
| Calories: 769.1 | |
| Calories from Fat 172 g | 22 % |
| <hr/> | |
| Total Fat 19.2 g | 29 % |
| Saturated Fat 11.9 g | 59 % |
| <hr/> | |
| Cholesterol 59.6 mg | 19 % |
| <hr/> | |
| Sodium 263.9 mg | 10 % |
| <hr/> | |
| Total Carbohydrate 151.2 g | 50 % |
| <hr/> | |
| Dietary Fiber 3.9 g | 15 % |
| Sugars 135.4 g | 541 % |
| <hr/> | |
| Protein 3.9 g | 7 % |

DIRECTIONS

Melt butter in a saucepan over medium heat.

Add sliced bananas and stir for 2 minutes.

Add brown sugar, vanilla, cinnamon, and salt.

Lower heat and continue cooking, stirring constantly for 2 more minutes.

Serve over a scoops of ice cream.

Note: 1 oz of booze may be added during the last 2 minutes of cooking (Rum works well), add with the pan off of the heat- Beware of flaming.