

# Bananas Foster

Yield: 6 min  
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-banana-dessert-recipe>

## Ingredients:

- 1 stick butter salted
- 1 cup dark brown sugar Packed
- 1/2 cup heavy cream to 3/4 Cup
- 1/2 cup dark rum
- 2 whole bananas Sliced Diagonally Into Thick Slices
- 1/2 cup chopped walnuts Or Pecans
- 1 dash canela

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 16 grams
8. Sodium: 130 milligrams
9. Sugar: 41 grams

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