

Refreshing Frozen Banana Salad

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

4 bananas, mashed
2 tablespoons fresh lemon juice
1/2 cup sugar
1/4 cup mayonnaise
1/2 cup maraschino cherries, chopped
1/2 cup chopped pecans (optional)
1 1/2 cups Cool Whip

In a bowl, mix the bananas, lemon juice, sugar, mayonnaise, cherries and nuts.

Fold in the Cool Whip.

Spread in a freezer-proof tray or dish. Freeze.

Serve on a bed of lettuce.

Per Serving (excluding unknown items): 1369 Calories; 49g Fat (30.2% calories from fat); 6g Protein; 250g Carbohydrate; 13g Dietary Fiber; 19mg Cholesterol; 379mg Sodium. Exchanges: 7 1/2 Fruit; 4 Fat; 9 Other Carbohydrates.

Desserts, Salads

Per Serving Nutritional Analysis

Calories (kcal):	1369
% Calories from Fat:	30.2%
% Calories from Carbohydrates:	68.2%
% Calories from Protein:	1.6%
Total Fat (g):	49g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	19mg
Carbohydrate (g):	250g
Dietary Fiber (g):	13g
Protein (g):	6g
Sodium (mg):	379mg
Potassium (mg):	2086mg
Calcium (mg):	60mg

Vitamin B6 (mg):	3.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	98mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	7 1/2
Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 57mg
Vitamin A (i.u.): 542IU
Vitamin A (r.e.): 69RE

Fat: 4
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories	1369	Calories from Fat: 414
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% Daily Values*

Total Fat	49g	76%
Saturated Fat	7g	37%
Cholesterol	19mg	6%
Sodium	379mg	16%
Total Carbohydrates	250g	83%
Dietary Fiber	13g	50%
Protein	6g	

Vitamin A	11%
Vitamin C	95%
Calcium	6%
Iron	12%

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