



Apple Banana Tart with Warm Maple Syrup

READY IN



75 min.

SERVINGS



8

CALORIES



447 kcal

DESSERT

Ingredients

- 4 bananas chopped
- 0.3 cup butter ()
- 4 egg yolks
- 0.3 cup flour all-purpose
- 4 granny smith apples cored peeled chopped
- 1 teaspoon ground cinnamon
- 0.5 cup heavy cream
- 1 juice of lime juiced
- 0.5 cup maple syrup

- 0.5 cup milk
- 0.5 cup oatmeal
- 1 10-inch pie crust prepared
- 0.3 cup sugar
- 0.5 cup butter unsalted (1 stick)
- 1 vanilla extract to taste

Equipment

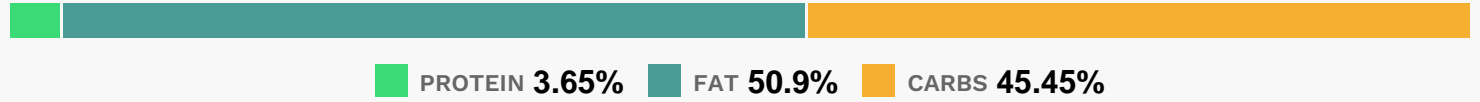
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- wooden spoon

Directions

- In a medium saucepan, heat the milk, heavy cream, vanilla bean or extract, and half the sugar to a simmer (just below a boil). In a small bowl whisk together the egg yolks and the rest of the sugar and temper it by adding a small amount of the heated milk mixture to the bowl while whisking constantly (known as a liaison). Now pour the liaison (egg mixture) into the milk pot, stirring constantly. You are only heating it. Do not boil. Do not cook. The idea is to avoid making scrambled eggs! Continue cooking on medium heat until the mixture begins to thicken so it will coat the back of a spoon, about 5 minutes.
- Remove from heat and allow to cool.
- In a large skillet, saute the apples and bananas in the butter and add cinnamon and lime juice and stir to coat. Bring to a simmer over medium heat and allow to cook until apples are tender and caramel colored, about 20 to 25 minutes and let cool.
- Preheat oven to 350 degrees F
- For the crumb topping, using a wooden spoon, mix oatmeal, flour, sugar and butter until the mixture resembles bread crumbs.

- Combine the now cooled apples with the cream, pour into the pie shell and top with oatmeal mixture.
- Bake until crust is completely baked and golden brown, about 15 minutes.
- Heat maple syrup as an accompaniment, and serve.

Nutrition Facts



Properties

Glycemic Index:52.73, Glycemic Load:22.5, Inflammation Score:-6, Nutrition Score:10.937825970028%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 446.58kcal (22.33%), Fat: 26.17g (40.26%), Saturated Fat: 15.65g (97.83%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 48.37g (17.59%), Sugar: 36.32g (40.36%), Cholesterol: 161.59mg (53.86%), Sodium: 65.96mg (2.87%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 4.22g (8.44%), Manganese: 0.82mg (40.85%), Vitamin B2: 0.45mg (26.46%), Vitamin A: 994.48IU (19.89%), Fiber: 4.22g (16.89%), Vitamin B6: 0.3mg (15.24%), Vitamin C: 10.54mg (12.78%), Selenium: 8.75µg (12.5%), Potassium: 426.08mg (12.17%), Phosphorus: 103.46mg (10.35%), Folate: 37.4µg (9.35%), Magnesium: 33.73mg (8.43%), Calcium: 80.67mg (8.07%), Vitamin B1: 0.12mg (7.9%), Vitamin E: 1.12mg (7.48%), Vitamin D: 1.1µg (7.36%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.32µg (5.3%), Zinc: 0.77mg (5.15%), Copper: 0.1mg (5.02%), Iron: 0.89mg (4.96%), Vitamin K: 4.54µg (4.32%), Vitamin B3: 0.8mg (4.02%)