



Banana-Chocolate Éclairs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 medium bananas thinly sliced quartered
- ☐ 12 servings warm chocolate glaze
- ☐ 2 egg whites
- ☐ 3 large eggs
- ☐ 12 servings vanilla pastry cream
- ☐ 1.3 cups water
- ☐ 11 ounce piecrust mix
- ☐ 11 ounce piecrust mix

Equipment

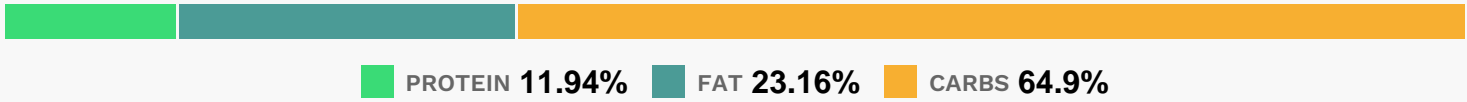
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ stand mixer
- ☐ ziploc bags
- ☐ pastry bag
- ☐ serrated knife

Directions

- ☐ Bring 1 1/3 cups water to a boil in a 3-quart saucepan over medium-high heat. Stir in piecrust mix, beating vigorously with a wooden spoon 1 minute or until mixture leaves sides of pan.
- ☐ Place dough in bowl of a heavy-duty electric stand mixer; cool 5 minutes. Beat dough at medium speed with electric mixer using paddle attachment.
- ☐ Add eggs and egg whites, 1 at a time, beating until blended after each addition. (If desired, eggs and egg whites may be added 1 at a time and beaten vigorously with a wooden spoon instead of using the mixer.)
- ☐ Spoon dough into a large heavy-duty zip-top plastic bag. (A large pastry bag may also be used.)
- ☐ Cut a 1 1/2-inch opening across one corner of the bag. Pipe 4-inch-long strips of dough 2 inches apart onto ungreased baking sheets.
- ☐ Bake at 425 for 20 to 25 minutes or until puffed and golden. (Do not underbake.)
- ☐ Remove from oven, and cut a small slit in side of eachclair to allow steam to escape. Cool on wire racks.

- Split clairs using a serrated knife, starting at 1 long side without cutting through opposite side. Pull out and discard soft dough inside.
- Stir bananas into Vanilla Pastry Cream. Carefully spoon about 1/4 cup pastry cream mixture into each clair; close top of each clair over fillling. Top evenly with Chocolate Glaze and drizzle with Chocolate Glaze. Chill clairs for 4 hours.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:9.0486955772276%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 269.9kcal (13.49%), Fat: 7.01g (10.79%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 43.45g (15.8%), Sugar: 22.54g (25.05%), Cholesterol: 118.56mg (39.52%), Sodium: 147mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Vitamin B2: 0.42mg (24.56%), Phosphorus: 217.24mg (21.72%), Calcium: 208.15mg (20.82%), Selenium: 13.74µg (19.63%), Vitamin B12: 0.86µg (14.27%), Vitamin D: 1.94µg (12.95%), Vitamin B5: 1.29mg (12.93%), Potassium: 427.38mg (12.21%), Vitamin B6: 0.22mg (11.05%), Magnesium: 33.14mg (8.28%), Vitamin A: 345.1IU (6.9%), Vitamin B1: 0.1mg (6.75%), Zinc: 0.94mg (6.25%), Folate: 24.82µg (6.2%), Manganese: 0.1mg (4.78%), Iron: 0.78mg (4.35%), Copper: 0.08mg (4.03%), Vitamin C: 2.71mg (3.28%), Fiber: 0.77g (3.07%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.25mg (1.64%)