



Banana Chocolate Tart

READY IN



40 min.

SERVINGS



8

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1.5 tablespoons rum dark
- ☐ 0.5 cups graham cracker crumbs
- ☐ 1 cup heavy whipping cream
- ☐ 6 banana
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 cup sugar
- ☐ 5 tablespoons butter unsalted cut into pieces

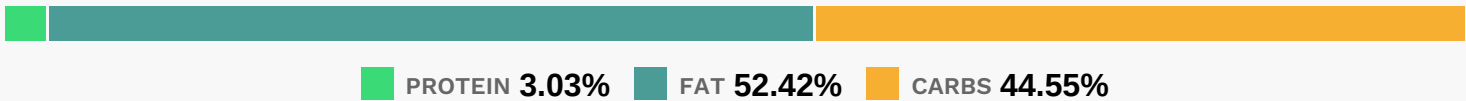
Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Blend crumbs, butter, 1/3 cup sugar, and salt in a food processor until mixture begins to hold together and pat onto bottom and up side of a 9-inch tart pan with a removable bottom.
- ☐ Bake in middle of oven until side of crust is firm to the touch, 14 to 18 minutes.
- ☐ Sprinkle chocolate chips into hot crust and let stand 5 minutes to soften.
- ☐ Spread evenly over bottom of crust. Beat cream with remaining 1 1/2 tablespoons sugar and rum until it holds soft peaks.
- ☐ Cut bananas into 1/4-inch-thick slices.
- ☐ Whisk preserves and add bananas, tossing to coat. Spoon banana mixture into crust and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:26.73, Glycemic Load:18.44, Inflammation Score:-6, Nutrition Score:7.6799999579139%

Flavonoids

Catechin: 5.42mg, Catechin: 5.42mg, Catechin: 5.42mg, Catechin: 5.42mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 386.52kcal (19.33%), Fat: 23.01g (35.39%), Saturated Fat: 14g (87.48%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 40.59g (14.76%), Sugar: 28.53g (31.7%), Cholesterol: 53.1mg (17.7%), Sodium: 85.01mg (3.7%), Alcohol: 0.94g (100%), Alcohol %: 0.73% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.99g (5.98%), Manganese: 0.39mg (19.63%), Vitamin B6: 0.35mg (17.3%), Vitamin A: 733.41IU (14.67%), Fiber: 3.4g (13.61%), Magnesium: 49.35mg (12.34%), Potassium: 426.2mg (12.18%), Copper: 0.22mg (11.21%), Vitamin C: 8.53mg (10.34%), Vitamin B2: 0.14mg (8.53%), Phosphorus: 79.01mg (7.9%), Iron: 1.23mg (6.84%), Folate: 21.64µg (5.41%), Vitamin B3: 0.91mg (4.53%), Selenium: 3.01µg (4.3%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.62mg (4.12%), Vitamin D: 0.61µg (4.05%), Calcium: 38.87mg (3.89%), Vitamin B1: 0.05mg (3.3%), Vitamin K: 2.82µg (2.68%), Vitamin B12: 0.08µg (1.38%)