



## Banana Cigars with Coconut Creme Brulee and Tropical Rum Salsita

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



936 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 banana sliced
- 4 bananas
- 1 ounce butter
- 8 ounces coconut milk
- 8 egg yolks
- 8 ounces heavy cream
- 1 mangos diced

- 1 papaya diced
- 0.5 pineapple diced
- 2 ounces rum
- 2.5 ounces sugar
- 4 ounces sugar
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- baking paper
- oven
- pot
- baking pan
- pastry bag

## Directions

- Preheat oven to 325 degrees F.
- To make the banana cigars, puree the bananas with the sugar and spread a circle on a silicone mat, or a piece of parchment paper.
- Place in the oven and bake until golden brown, about 5 minutes. When ready, roll the circles into a cigar shape.
- For the creme brulee, combine the cream and milk in a pot and bring to a boil. In a separate bowl, combine the egg yolks, sugar, and vanilla. When the milk mixture is ready, temper the egg yolks with the milk.
- Pour the mixture into a baking dish and place in the oven for 15 minutes. When the creme brulee is cooked, place a small amount into a pastry bag and pipe it into the banana cigars.
- Salsita: In a small bowl, combine the fruits with half of the rum. In a small skillet, melt the butter and sugar, and saute the bananas with the rest of the rum until golden.
- Combine the bananas with the rest of the fruits.

To serve, place the salsita and a scoop of brulee in the center of the plate and arrange the banana cigars on top.

## Nutrition Facts



**PROTEIN 4.87%** **FAT 46.58%** **CARBS 48.55%**

### Properties

Glycemic Index:145.23, Glycemic Load:65.45, Inflammation Score:-9, Nutrition Score:30.781739255656%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 9.89mg, Catechin: 9.89mg, Catechin: 9.89mg, Catechin: 9.89mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 935.76kcal (46.79%), Fat: 49.01g (75.41%), Saturated Fat: 31.13g (194.57%), Carbohydrates: 114.93g (38.31%), Net Carbohydrates: 107.39g (39.05%), Sugar: 90.13g (100.15%), Cholesterol: 468.11mg (156.04%), Sodium: 95.43mg (4.15%), Alcohol: 5.08g (100%), Alcohol %: 1.06% (100%), Protein: 11.54g (23.08%), Vitamin C: 132.93mg (161.13%), Manganese: 1.97mg (98.62%), Vitamin A: 2971.66IU (59.43%), Vitamin B6: 0.92mg (46.04%), Folate: 163.21µg (40.8%), Selenium: 24.56µg (35.09%), Potassium: 1098.84mg (31.4%), Fiber: 7.54g (30.16%), Vitamin B2: 0.49mg (29.02%), Phosphorus: 286.39mg (28.64%), Magnesium: 106.65mg (26.66%), Copper: 0.5mg (24.92%), Vitamin B5: 2.3mg (22.97%), Iron: 3.93mg (21.81%), Vitamin D: 2.85µg (19.01%), Vitamin B1: 0.26mg (17.04%), Vitamin E: 2.48mg (16.52%), Calcium: 139.31mg (13.93%), Vitamin B12: 0.8µg (13.41%), Vitamin B3: 2.58mg (12.9%), Zinc: 1.76mg (11.76%), Vitamin K: 8.24µg (7.85%)