



Banana-Cream Parfaits

READY IN



45 min.

SERVINGS



6

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 3 slices bananas ripe peeled
- ☐ 1 cup crème fraîche chilled
- ☐ 1 teaspoon brown sugar dark
- ☐ 2 cups heavy whipping cream
- ☐ 1.5 cups coarsely coconut shortbread cookies plus 6 cookies whole crumbled for garnish
- ☐ 2 tablespoons sugar
- ☐ 1 vanilla pod split

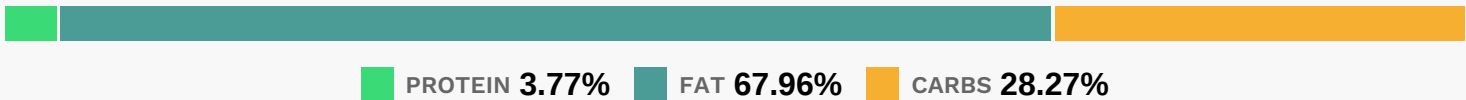
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Combine cream, 2 tablespoons sugar, and brown sugar in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Simmer until liquid is reduced to 1 1/3 cups, stirring often, about 15 minutes.
- ☐ Pour liquid into bowl; chill until cold, at least 3 hours and up to 1 day.
- ☐ Using electric mixer, beat crème fraîche and 1/4 cup sugar in medium bowl until thickened and fluffy (mixture will thin out at first but then will thicken). Discard vanilla bean and whisk vanilla cream until smooth. Divide vanilla cream among 6 glasses; top each with 5 banana slices.
- ☐ Sprinkle 1/4 cup crumbled cookies over each. Divide whipped crème fraîche among glasses. Top with remaining banana slices. (Can be prepared 45 minutes ahead. Cover and chill.)
- ☐ Place 1 whole shortbread cookie in each glass and serve.
- ☐ *Available at some supermarkets.

Nutrition Facts



Properties

Glycemic Index:31.48, Glycemic Load:27.34, Inflammation Score:-7, Nutrition Score:9.6560869372409%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 676.66kcal (33.83%), Fat: 51.74g (79.59%), Saturated Fat: 26.92g (168.24%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 47.46g (17.26%), Sugar: 22.01g (24.46%), Cholesterol: 112.26mg (37.42%), Sodium: 242.4mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Vitamin A: 1461IU (29.22%), Vitamin B2: 0.41mg (23.87%), Vitamin B1: 0.23mg (15.65%), Vitamin E: 2.33mg (15.51%), Manganese: 0.28mg

(14.02%), Folate: 54.99µg (13.75%), Phosphorus: 115.97mg (11.6%), Selenium: 7.58µg (10.82%), Iron: 1.9mg (10.53%), Vitamin B3: 2.08mg (10.4%), Calcium: 99.76mg (9.98%), Vitamin K: 9.66µg (9.2%), Vitamin D: 1.27µg (8.46%), Potassium: 204.94mg (5.86%), Vitamin B6: 0.12mg (5.76%), Vitamin B5: 0.54mg (5.37%), Magnesium: 19.89mg (4.97%), Zinc: 0.62mg (4.13%), Fiber: 0.98g (3.91%), Copper: 0.08mg (3.78%), Vitamin B12: 0.21µg (3.46%), Vitamin C: 1.52mg (1.84%)