



Banana Crème Brûlée

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon banana extract
- ☐ 1 large banana ripe mashed
- ☐ 12 large egg yolks
- ☐ 2.5 tablespoons maple syrup
- ☐ 2 cups milk
- ☐ 8 servings garnish: raspberries fresh
- ☐ 0.3 cup sugar
- ☐ 16 teaspoons sugar divided

- ☐ 2 cups whipping cream

Equipment

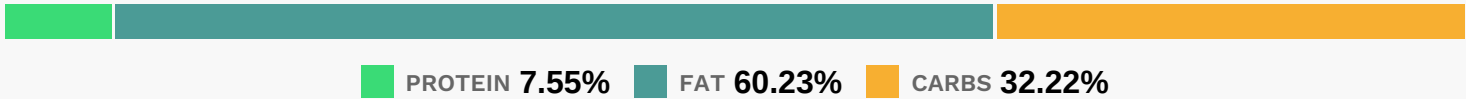
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Combine first 5 ingredients in a heavy saucepan. Cook over medium heat, stirring constantly, 11 minutes or until sugar dissolves and mixture comes to a simmer (do not boil). Cool 5 minutes.
- ☐ Beat yolks and banana extract in a medium bowl. Gradually stir about 1/4 of hot whipping cream mixture into yolks, and add to remaining hot whipping cream mixture, stirring constantly.
- ☐ Pour whipping cream mixture through a wire-mesh strainer, discarding banana solids.
- ☐ Pour custard mixture evenly into 8 (8-ounce) ramekins or custard cups.
- ☐ Place ramekins in a large roasting pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 35 minutes or until set.
- ☐ Remove ramekins from water, and cool slightly on a wire rack. Cover and chill at least 8 hours.
- ☐ Place ramekins on a baking sheet; sprinkle 2 teaspoons sugar evenly over each custard. Broil 5 inches from heat until sugar is completely melted and caramelized (about 1 to 3 minutes).
- ☐ Garnish, if desired.

- ☐
- Serve immediately.
- ☐
- Note: To prepare caramelized sugar pieces, combine 2 cups sugar, teaspoon corn syrup, and cup water in a heavy skillet. Cook over low heat, stirring until sugar dissolves. Increase heat to high, and cook until sugar is golden brown and registers 310 (hard crack stage) on a candy thermometer. Carefully pour onto a greased, foil-lined baking sheet. Cool and crack into pieces.

Nutrition Facts



Properties

Glycemic Index:36.93, Glycemic Load:16.75, Inflammation Score:-7, Nutrition Score:14.32782615786%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 447.1kcal (22.35%), Fat: 30.69g (47.21%), Saturated Fat: 17.29g (108.03%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 32.61g (11.86%), Sugar: 29.59g (32.87%), Cholesterol: 349.95mg (116.65%), Sodium: 52.98mg (2.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Manganese: 0.61mg (30.47%), Vitamin A: 1371.86IU (27.44%), Vitamin B2: 0.45mg (26.37%), Selenium: 17.61µg (25.16%), Phosphorus: 216.71mg (21.67%), Vitamin C: 17.56mg (21.28%), Vitamin D: 3µg (20%), Fiber: 4.34g (17.37%), Calcium: 170.02mg (17%), Vitamin B12: 0.92µg (15.36%), Vitamin B5: 1.4mg (13.96%), Folate: 55.61µg (13.9%), Vitamin B6: 0.24mg (12.13%), Vitamin E: 1.77mg (11.83%), Potassium: 341.67mg (9.76%), Zinc: 1.3mg (8.68%), Magnesium: 31.86mg (7.97%), Vitamin B1: 0.12mg (7.97%), Iron: 1.23mg (6.83%), Vitamin K: 7.03µg (6.7%), Copper: 0.1mg (4.76%), Vitamin B3: 0.59mg (2.93%)