



 1%  
HEALTH SCORE

## Banana Creme Brulee

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

DESSERT

### Ingredients

- 2 bananas mashed
- 1 little demerara sugar
- 3 egg yolk
- 450 ml cup heavy whipping cream
- 0.5 cup sugar
- 1 vanilla pod

### Equipment

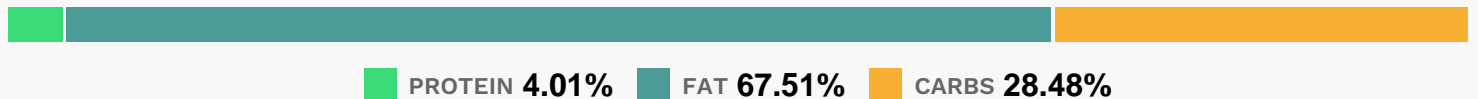
- frying pan

- sauce pan
- knife
- mixing bowl
- sieve
- ramekin
- grill

## Directions

- Put the cream and the vanilla in a medium saucepan and bring slowly to the boil.
- Remove from the heat just before the cream boils. Split the pod in half and scrape out the seeds with the point of a knife. Slice the bananas thickly and divide between 8 small ramekins.
- Put the egg yolks caster sugar and vanilla seeds in a mixing bowl and beat till thick and creamy.
- Pour the hot milk on to the egg and sugar mixture and stir. Rinse out the milk pan dry and pour in the custard.
- Heat stirring slowly and almost constantly until the mixture thickens. There are a couple of things to bear in mind: if you make certain that the spoon gets right into the corners of the pan you run less risk of the custard curdling and on no account let the mixture boil otherwise the custard will scramble.
- Pour the custard through a sieve into the little dishes filling them right to the top. Set aside to cool then refrigerate overnight. Dust the top of each custard with a thin layer of demerara then place under a very very hot grill for a few seconds until the sugar melts to a shiny caramel. Leave to cool and harden. Makes 8

## Nutrition Facts



## Properties

Glycemic Index:15.61, Glycemic Load:11.99, Inflammation Score:-5, Nutrition Score:4.8534782608696%

## 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

## Taste

Sweetness: 91.67%, Saltiness: 9.86%, Sourness: 11.66%, Bitterness: 9.95%, Savoriness: 9.82%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 290.47kcal (14.52%), Fat: 22.45g (34.53%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 20.54g (7.47%), Sugar: 17.89g (19.88%), Cholesterol: 136.84mg (45.61%), Sodium: 18.94mg (0.82%), Protein: 3g (6%), Vitamin A: 948.02IU (18.96%), Vitamin B2: 0.17mg (9.76%), Vitamin D: 1.27µg (8.47%), Selenium: 5.85µg (8.35%), Vitamin B6: 0.15mg (7.58%), Phosphorus: 65.64mg (6.56%), Vitamin E: 0.72mg (4.83%), Potassium: 167.01mg (4.77%), Calcium: 47.67mg (4.77%), Folate: 18.02µg (4.5%), Vitamin B5: 0.44mg (4.45%), Manganese: 0.08mg (4.22%), Vitamin B12: 0.22µg (3.7%), Vitamin C: 2.91mg (3.52%), Magnesium: 12.27mg (3.07%), Fiber: 0.77g (3.07%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.16%), Vitamin K: 2.01µg (1.91%), Iron: 0.32mg (1.8%), Copper: 0.04mg (1.77%), Vitamin B3: 0.23mg (1.17%)