



Banana custard tarts

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



492 kcal

DESSERT

Ingredients

- ☐ 500 g pastry crust
- ☐ 6 servings flour
- ☐ 200 ml milk
- ☐ 200 g double cream
- ☐ 3 egg yolk
- ☐ 2 tbsp brown sugar
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 banana cut into chunks

☐ 1 juice of lemon

Equipment

☐ frying pan

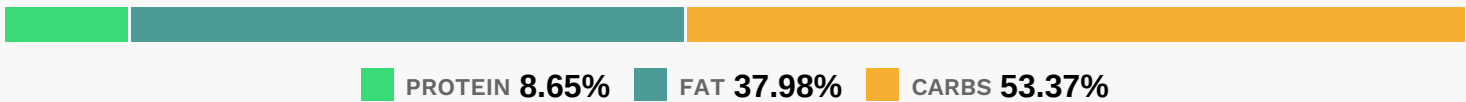
☐ oven

☐ wire rack

Directions

- ☐ Roll the pastry out on a lightly floured surface to the thickness of a 20p coin. With a 14cm wide saucer, cut out 6 circles of pastry, then use to line six tartlet tins, 9cm in diameter. Chill for 30 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Line each pastry case with crumpled baking parchment, then fill with baking beans.
- ☐ Bake the pastry for 15 mins, then remove the paper and beans.
- ☐ Bake for another 5 mins until the pastry is cooked and lightly golden.
- ☐ Remove from the oven, then leave to cool. Reduce oven to 150C/fan 130C/gas
- ☐ In a pan, heat the milk and cream together to scalding point. Beat the eggs, egg yolk, sugar and nutmeg together, then pour in the hot milk and cream and gently beat, incorporating as little air as possible. Toss the bananas in lemon juice, divide them between the pastry cases, cut-side up, then fill with custard.
- ☐ Bake for 30 mins until just set.
- ☐ Remove from the oven and leave in the tins for 5 mins, before turning them out to cool on a wire rack. Finish with an extra grating of nutmeg.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:25.19, Inflammation Score:-6, Nutrition Score:14.754782676697%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 491.59kcal (24.58%), Fat: 20.79g (31.99%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 62.89g (22.87%), Sugar: 11.7g (13%), Cholesterol: 138.99mg (46.33%), Sodium: 430.62mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.31%), Selenium: 29.1µg (41.57%), Vitamin B1: 0.57mg (37.7%), Vitamin B2: 0.51mg (29.91%), Manganese: 0.57mg (28.43%), Folate: 110.57µg (27.64%), Vitamin B3: 4.17mg (20.85%), Iron: 3.44mg (19.12%), Phosphorus: 169.32mg (16.93%), Vitamin A: 701.12IU (14.02%), Vitamin B6: 0.24mg (12.05%), Fiber: 2.86g (11.43%), Vitamin D: 1.4µg (9.32%), Calcium: 92.08mg (9.21%), Vitamin B5: 0.91mg (9.1%), Potassium: 314.6mg (8.99%), Magnesium: 32.64mg (8.16%), Copper: 0.14mg (7.05%), Vitamin B12: 0.41µg (6.91%), Vitamin C: 5.56mg (6.74%), Zinc: 0.96mg (6.37%), Vitamin E: 0.67mg (4.49%), Vitamin K: 3.54µg (3.37%)