



Banana-Date Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup banana ripe sliced
- ☐ 8 ounces dates whole pitted
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup evaporated skim milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract

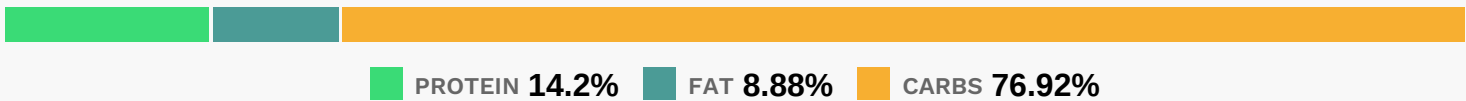
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 30
- ☐ Combine the first 8 ingredients in a blender, and process the mixture until smooth (about 2 minutes).
- ☐ Add the eggs and egg whites to blender, and process just until smooth. Divide the mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 55 minutes or until a knife inserted in center comes out clean.
- ☐ Remove ramekins from pan, and sprinkle each serving with 1/2 teaspoon sugar.
- ☐ Preheat broiler.
- ☐ Place the ramekins on a jelly-roll pan, and broil the custards for 3 minutes or until the sugar melts.

Nutrition Facts



Properties

Glycemic Index:41.99, Glycemic Load:19.44, Inflammation Score:-3, Nutrition Score:8.4191303771475%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 223.71kcal (11.19%), Fat: 2.31g (3.56%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 41.36g (15.04%), Sugar: 38.42g (42.68%), Cholesterol: 65.28mg (21.76%), Sodium: 198.29mg (8.62%), Alcohol: 0.46g (100%), Alcohol %: 0.38% (100%), Protein: 8.31g (16.63%), Vitamin B2: 0.33mg (19.64%), Calcium: 176.72mg (17.67%), Phosphorus: 163.8mg (16.38%), Potassium: 528.76mg (15.11%), Fiber: 3.69g (14.75%), Selenium: 10.24µg (14.63%), Manganese: 0.22mg (11.13%), Magnesium: 38.57mg (9.64%), Vitamin B6: 0.19mg (9.59%), Vitamin B5: 0.95mg (9.48%), Vitamin D: 1.19µg (7.91%), Vitamin B12: 0.36µg (6.08%), Folate: 24.05µg (6.01%), Vitamin A: 294.93IU (5.9%), Copper: 0.12mg (5.88%), Zinc: 0.84mg (5.62%), Iron: 0.9mg (4.98%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.73mg (3.66%), Vitamin C: 2.35mg (2.84%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.31µg (1.25%)