



Banana-Nut Crème Caramel

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

271 kcal

DESSERT

Ingredients

- ☐ 0.5 cup banana ripe mashed 1 banana
- ☐ 0.3 cup brown sugar dark packed
- ☐ 2 tablespoons rum dark
- ☐ 2 large eggs lightly beaten
- ☐ 12 ounce evaporated skim milk canned
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

☐ 3 tablespoons water

Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ ramekin

☐ baking pan

☐ spatula

Directions

☐ Preheat oven to 32

☐ Combine granulated sugar and 3 tablespoons water in a small, heavy saucepan over medium heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 4 (6-ounce) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup. Set aside.

☐ Combine banana and next 6 ingredients (banana through eggs), stirring well with a whisk. Divide mixture evenly among prepared custard cups.

☐ Place cups in a 9-inch square baking pan, and add hot water to pan to a depth of 1 inch.

☐ Bake at 325 for 45 minutes or until a knife inserted in center comes out clean.

☐ Remove cups from pan. Cover and chill at least 4 hours.

☐ Loosen the edges of custards with a knife or rubber spatula.

☐ Place a dessert plate, upside down, on top of each cup, and invert onto plates.

☐ Drizzle any of the remaining caramelized syrup over the custards. Top with toasted pecans if desired.

Nutrition Facts



 PROTEIN **15.18%**  FAT **9.28%**  CARBS **75.54%**

Properties

Glycemic Index:34.97, Glycemic Load:13.71, Inflammation Score:-4, Nutrition Score:8.5113043020601%

Flavonoids

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 270.65kcal (13.53%), Fat: 2.66g (4.1%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 48.28g (17.56%), Sugar: 46.52g (51.69%), Cholesterol: 96.4mg (32.13%), Sodium: 212.12mg (9.22%), Alcohol: 2.59g (100%), Alcohol %: 1.79% (100%), Protein: 9.8g (19.6%), Calcium: 277.37mg (27.74%), Vitamin B2: 0.39mg (23.2%), Phosphorus: 220.52mg (22.05%), Selenium: 10.31µg (14.73%), Vitamin D: 2.2µg (14.67%), Potassium: 409.24mg (11.69%), Vitamin B5: 1.1mg (10.98%), Vitamin A: 482.09IU (9.64%), Vitamin B6: 0.17mg (8.29%), Magnesium: 32.82mg (8.2%), Zinc: 1.13mg (7.52%), Vitamin B12: 0.43µg (7.11%), Folate: 23.34µg (5.83%), Iron: 0.88mg (4.86%), Manganese: 0.08mg (3.86%), Vitamin B1: 0.05mg (3.64%), Vitamin C: 2.65mg (3.21%), Copper: 0.06mg (2.98%), Fiber: 0.49g (1.95%), Vitamin E: 0.28mg (1.88%), Vitamin B3: 0.31mg (1.57%)