



Banana Tartes Tatin



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

DESSERT

Ingredients



4 slices banana firm ripe peeled



8 tablespoons brown sugar light



4 tablespoons butter unsalted softened



4 frangelico thawed



4 frangelico thawed

Equipment



baking sheet

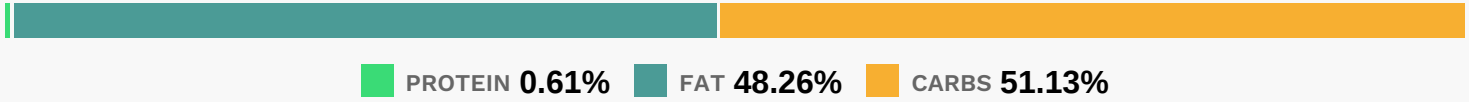


oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place dishes on arimmed baking sheet. Smear bottom ofeach dish with 1 tablespoon butter.
- ☐ Sprinkle eachevenly with 2 tablespoons sugar. Overlap slicesfrom 1 banana over sugar, arranging inconcentric circles to cover. Top each dishwith 1 puff pastry round, tucking in edgesof pastry.
- ☐ Bake until pastry is golden and puffed andfilling is bubbly, 20–25 minutes. Invert onto plates.
- ☐ Per serving: 696 calories, 39 grams fat, 85 grams carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:1.77, Inflammation Score:-2, Nutrition Score:1.616956524227%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg 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: 205.82kcal (10.29%), Fat: 11.41g (17.55%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.78g (9.74%), Sugar: 25.24g (28.04%), Cholesterol: 30.1mg (10.03%), Sodium: 8.42mg (0.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin A: 360.1IU (7.2%), Vitamin B6: 0.07mg (3.45%), Manganese: 0.06mg (2.96%), Potassium: 92.56mg (2.64%), Calcium: 24.08mg (2.41%), Vitamin E: 0.34mg (2.27%), Magnesium: 6.76mg (1.69%), Vitamin C: 1.39mg (1.69%), Fiber: 0.42g (1.66%), Vitamin D: 0.21µg (1.4%), Copper: 0.03mg (1.3%), Iron: 0.21mg (1.19%), Vitamin B5: 0.1mg (1.01%), Vitamin K: 1.06µg (1.01%)