



Banoffee mess

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 284 ml carton double cream
- ☐ 5 bananas sliced
- ☐ 5 tbsp toffee sauce bought (we like Merchant Gourmet Banoffee Toffee)
- ☐ 1 handful roughly broken pecan nuts
- ☐ 6 servings drizzle with toffee sauce, to serve
- ☐ 6 meringue nests
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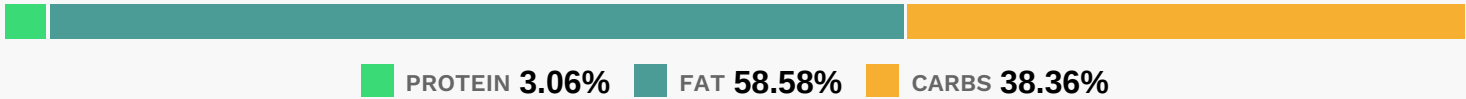
Equipment

☐ bowl

Directions

☐ Lightly whip the double cream in a large bowl, then crumble in the meringue nests. Carefully fold in the sliced bananas, (use 5 or 6 depending on size), and swirl in the toffee sauce. Spoon into the 6 dishes, then scatter over a handful of the pecan nuts and drizzle with a little more toffee sauce.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:15.28, Inflammation Score:-6, Nutrition Score:6.6056521612665%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 6.01mg, Catechin: 6.01mg, Catechin: 6.01mg, Catechin: 6.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 325.14kcal (16.26%), Fat: 22g (33.84%), Saturated Fat: 13.81g (86.32%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 29.84g (10.85%), Sugar: 21.85g (24.27%), Cholesterol: 67.66mg (22.55%), Sodium: 31.82mg (1.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin B6: 0.38mg (18.95%), Vitamin A: 916.39IU (18.33%), Manganese: 0.27mg (13.69%), Potassium: 404.74mg (11.56%), Vitamin C: 8.87mg (10.75%), Fiber: 2.57g (10.29%), Vitamin B2: 0.17mg (10.03%), Magnesium: 30.62mg (7.65%), Folate: 21.87µg (5.47%), Phosphorus: 53.97mg (5.4%), Vitamin D: 0.76µg (5.08%), Vitamin B5: 0.47mg (4.69%), Vitamin E: 0.66mg (4.43%), Copper: 0.08mg (4.22%), Calcium: 40.99mg (4.1%), Selenium: 2.52µg (3.61%), Vitamin B3: 0.69mg (3.45%), Vitamin B1: 0.04mg (2.81%), Vitamin K: 2.39µg (2.28%), Zinc: 0.29mg (1.9%), Iron: 0.31mg (1.73%), Vitamin B12: 0.09µg (1.51%)