



Burnt-Caramel Rum-Banana Tart

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

DESSERT

Ingredients

- 2 tablespoons rum dark
- 1 egg wash (with 2 tbsp. water)
- 0.5 cup granulated sugar
- 0.5 cup heavy cream
- 3 tablespoons brown sugar light
- 0.5 pound puff pastry chilled
- 4 firm-ripe bananas

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- rolling pin
- pastry brush

Directions

- Preheat oven to 375°F.
- Put sugar with 1/4 cup water in a small, deep, heavy saucepan and, without stirring, bring to a boil over medium-high heat. Using a pastry brush dipped in water, brush down sides of pan to dissolve any sugar granules. When sugar has dissolved and begins to darken, 6 to 8 minutes, tilt and swirl it to cook evenly. Cook, swirling pan occasionally, until sugar is a deep reddish brown, about 2 minutes more.
- Remove from heat and whisk in about 1 tbsp. of cream (sauce will foam up). Slowly whisk in the rest.
- Whisk in rum, let cool to room temperature, and chill at least 2 hours to thicken.
- Meanwhile, on a floured work surface and with a floured rolling pin, roll pastry sheet out to a 10- by 14-in. rectangle.
- Cut pastry in half to form two 10- by 7-in. rectangles and place halves on a large, rimless baking sheet. Lightly prick pastry halves with a fork, leaving a 1/2-in.-wide border.
- Peel bananas, cut into 1/4-in.-thick slices, and arrange on pastry.
- Brush borders with egg wash and sprinkle tarts all over with brown sugar.
- Bake tarts on bottom rack of oven 15 to 17 minutes, or until crusts are medium golden brown (lift edges of tarts to check doneness of undersides).
- Let cool slightly and drizzle generously with caramel sauce.
- Serve tarts warm or cool, each cut into 4 to 6 pieces.

Nutrition Facts



■ PROTEIN 4.48% ■ FAT 44.56% ■ CARBS 50.96%

Properties

Glycemic Index:16.32, Glycemic Load:14.78, Inflammation Score:-2, Nutrition Score:4.2026086605113%

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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 227.36kcal (11.37%), Fat: 11.29g (17.36%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 27.74g (10.09%), Sugar: 16.47g (18.3%), Cholesterol: 24.85mg (8.28%), Sodium: 56.29mg (2.45%), Alcohol: 0.83g (100%), Alcohol %: 1.24% (100%), Protein: 2.56g (5.11%), Manganese: 0.2mg (10.11%), Selenium: 6.48µg (9.25%), Vitamin B6: 0.16mg (7.96%), Vitamin B2: 0.12mg (7.02%), Folate: 24.76µg (6.19%), Vitamin B1: 0.09mg (6.07%), Vitamin B3: 1.06mg (5.31%), Fiber: 1.31g (5.22%), Potassium: 171.03mg (4.89%), Vitamin C: 3.48mg (4.22%), Vitamin A: 190.94IU (3.82%), Iron: 0.69mg (3.81%), Magnesium: 15.05mg (3.76%), Vitamin K: 3.57µg (3.4%), Phosphorus: 33.22mg (3.32%), Copper: 0.06mg (2.92%), Vitamin B5: 0.22mg (2.17%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.23µg (1.55%), Zinc: 0.23mg (1.55%), Calcium: 15.03mg (1.5%)