



Caramelized-Banana Tartlets with Bittersweet Chocolate Port Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



584 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup flour
- 6 servings bittersweet chocolate
- 0.5 cup hazelnuts lightly toasted
- 0.5 cup powdered sugar
- 6 medium size banana divided peeled
- 0.5 teaspoon salt
- 0.5 cup sugar divided
- 4 tablespoons butter unsalted divided ()

- 0.5 teaspoon vanilla extract
- 1 pint whipped cream
- 6 tablespoons water divided

Equipment

- bowl
- frying pan
- oven
- hand mixer
- spatula

Directions

- Using electric mixer, beat first 6 ingredients in medium bowl to blend.
- Add flour; beat until moist clumps form. Gather dough into ball; flatten into disk. Wrap in plastic; chill 30 minutes.
- Preheat oven to 350°F. Divide dough into 6 equal pieces. Press 1 piece evenly onto bottom and up sides of each of six 4 1/2-inch-diameter tartlet pans with removable bottoms.
- Bake crusts until deep golden brown and cooked through, about 25 minutes. Cool crusts completely in pans on rack. (Can be prepared 1 day ahead. Cover and store at room temperature.)
- Melt 2 tablespoons butter in large nonstick skillet over medium-high heat until beginning to brown.
- Add half of bananas to skillet in single layer; cook until bananas brown on bottom, about 45 seconds. Using thin spatula, turn slices over; sprinkle 1/4 cup sugar evenly over bananas. Cook until sugar dissolves and turns golden, occasionally swirling pan, about 3 minutes. Turn banana slices over; add 3 tablespoons warm water and continue cooking until caramel thickens slightly, swirling pan, about 2 minutes. Arrange banana slices in each of 3 tartlet crusts; spoon any caramel from skillet over. Clean skillet, then repeat procedure with remaining butter, bananas, sugar, and water. (Can be prepared 2 hours ahead.)
- Let stand uncovered at room temperature. Warm in 350°F oven 10 minutes before continuing recipe.)
- Top each tartlet with scoop of vanilla ice cream.

Drizzle each tartlet with Bittersweet Chocolate-Port Sauce and serve.

Nutrition Facts



Properties

Glycemic Index:45.98, Glycemic Load:47.31, Inflammation Score:-6, Nutrition Score:15.3273913653%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 583.64kcal (29.18%), Fat: 23.36g (35.93%), Saturated Fat: 10.98g (68.62%), Carbohydrates: 90.24g (30.08%), Net Carbohydrates: 85g (30.91%), Sugar: 58.43g (64.93%), Cholesterol: 54.83mg (18.28%), Sodium: 260.75mg (11.34%), Alcohol: 0.1g (100%), Alcohol %: 0.05% (100%), Protein: 7.84g (15.68%), Manganese: 1.1mg (55.02%), Vitamin B6: 0.54mg (26.85%), Vitamin B2: 0.4mg (23.45%), Fiber: 5.23g (20.93%), Vitamin B1: 0.3mg (19.84%), Potassium: 678.65mg (19.39%), Folate: 77.25µg (19.31%), Copper: 0.33mg (16.54%), Phosphorus: 165.13mg (16.51%), Magnesium: 65.93mg (16.48%), Selenium: 10.24µg (14.63%), Vitamin E: 2.09mg (13.93%), Vitamin C: 11.37mg (13.78%), Vitamin A: 643.27IU (12.87%), Calcium: 125.1mg (12.51%), Vitamin B3: 2.3mg (11.5%), Iron: 1.9mg (10.53%), Vitamin B5: 1.05mg (10.49%), Zinc: 1.15mg (7.68%), Vitamin B12: 0.33µg (5.42%), Vitamin K: 3.03µg (2.89%), Vitamin D: 0.3µg (1.98%)