

Caramelized Bananas and Vanilla Cream in Phyllo Cups

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



599 kcal

SIDE DISH

Ingredients

- ☐ 3 large but bananas firm ripe peeled sliced
- ☐ 3.5 tablespoons cornstarch
- ☐ 4 large egg yolks
- ☐ 9 sheets phyllo pastry halved (each 17x13 inches)
- ☐ 6 servings chocolate sorbet
- ☐ 0.5 cup sugar
- ☐ 6 servings additional sugar

- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.5 vanilla pod split
- ☐ 2 cups milk whole

Equipment

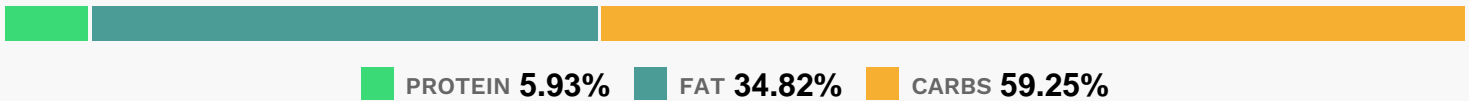
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ broiler
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F. Generously butter every other cup in 12-cup muffin pan.
- ☐ Place 1 phyllo rectangle on work surface; cover remaining phyllo with damp cloth to prevent drying.
- ☐ Brush rectangle with melted butter; sprinkle with 1/2 tablespoon sugar.
- ☐ Place second phyllo rectangle atop first; brush with butter and sprinkle with 1/2 tablespoon sugar. Repeat 3 more times; top with 1 more rectangle and brush with butter, making stack of 6 rectangles. Using small sharp knife and 6-inch-diameter plate as guide, cut out two 6-inch round stacks. Press each stack into 1 buttered muffin cup. Repeat entire procedure 2 more times, making 4 more phyllo cups (6 total).
- ☐ Bake cups until golden and crisp, about 15 minutes. Carefully lift cups, twisting slightly to loosen; place on rack. Cool completely. (Can be made 2 days ahead. Store airtight at room temperature.)
- ☐ Whisk 1/2 cup sugar and cornstarch in heavy medium saucepan to blend. Gradually whisk in milk, then yolks. Scrape in seeds from vanilla bean; add bean.

- ☐ Whisk over medium heat until pastry cream thickens and boils, about 6 minutes. Strain pastry cream into small bowl; press plastic wrap directly onto surface. Chill until cold, at least 3 hours and up to 2 days.
- ☐ Preheat broiler.
- ☐ Place phyllo cups on small baking sheet. Spoon 1/3 cup pastry cream into each cup. Overlap 5 or 6 banana slices atop pastry cream in each cup.
- ☐ Sprinkle bananas with additional sugar. Broil pastries until sugar topping caramelizes, turning sheet for even browning, about 2 minutes.
- ☐ Transfer cups to plates. Scoop sorbet alongside.

Nutrition Facts



Properties

Glycemic Index:45.16, Glycemic Load:34.47, Inflammation Score:-5, Nutrition Score:11.443913014039%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 598.71kcal (29.94%), Fat: 23.46g (36.09%), Saturated Fat: 12.81g (80.05%), Carbohydrates: 89.79g (29.93%), Net Carbohydrates: 85.86g (31.22%), Sugar: 56.71g (63.02%), Cholesterol: 172.83mg (57.61%), Sodium: 233.08mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.97%), Selenium: 15.7µg (22.43%), Vitamin B2: 0.33mg (19.46%), Vitamin B6: 0.35mg (17.4%), Phosphorus: 167.83mg (16.78%), Manganese: 0.33mg (16.66%), Vitamin A: 811.43IU (16.23%), Vitamin B1: 0.24mg (16.11%), Fiber: 3.93g (15.71%), Folate: 55.79µg (13.95%), Calcium: 126.11mg (12.61%), Vitamin D: 1.79µg (11.94%), Potassium: 404.14mg (11.55%), Vitamin B12: 0.69µg (11.54%), Vitamin B5: 0.98mg (9.76%), Vitamin B3: 1.71mg (8.55%), Magnesium: 33.48mg (8.37%), Iron: 1.44mg (8.01%), Vitamin C: 5.92mg (7.17%), Vitamin E: 0.86mg (5.75%), Zinc: 0.86mg (5.72%), Copper: 0.1mg (4.94%), Vitamin K: 2.7µg (2.57%)