



Chocolate Banana Cream Tart

READY IN



45 min.

SERVINGS



10

CALORIES



985 kcal

DESSERT

Ingredients

- ☐ 10 servings garnish: cocoa powder
- ☐ 0.8 cup heavy cream
- ☐ 10 inch baked basic tart shell
- ☐ 2.5 tablespoons powdered sugar

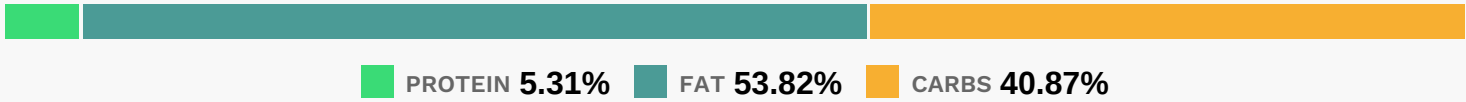
Equipment

- ☐ whisk
- ☐ hand mixer
- ☐ offset spatula

Directions

- ☐ Fill prepared and cooled tart shell with half of Chocolate Cream Filling, and smooth with an offset spatula. Slice bananas 1/4 inch thick, and arrange slices in tight concentric circles over filling.
- ☐ Spread remaining filling evenly over banana slices.
- ☐ Whisk cream and powdered sugar with an electric mixer fitted with whisk attachment until medium-stiff peaks form. Dollop whipped cream evenly over filling. Chill up to 4 hours before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:14.46391299367%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 984.75kcal (49.24%), Fat: 58.72g (90.34%), Saturated Fat: 20.5g (128.15%), Carbohydrates: 100.32g (33.44%), Net Carbohydrates: 94.95g (34.53%), Sugar: 2.49g (2.77%), Cholesterol: 20.17mg (6.72%), Sodium: 823.07mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.05%), Manganese: 0.92mg (46.13%), Vitamin B1: 0.55mg (36.96%), Folate: 141.03µg (35.26%), Iron: 5.36mg (29.77%), Vitamin B3: 5.43mg (27.17%), Vitamin B2: 0.38mg (22.14%), Fiber: 5.37g (21.48%), Selenium: 12.09µg (17.27%), Phosphorus: 161.69mg (16.17%), Vitamin K: 15.2µg (14.47%), Copper: 0.19mg (9.5%), Magnesium: 36.24mg (9.06%), Vitamin B5: 0.86mg (8.58%), Vitamin E: 1.09mg (7.23%), Zinc: 1.01mg (6.74%), Potassium: 226.2mg (6.46%), Vitamin B6: 0.11mg (5.37%), Vitamin A: 264.39IU (5.29%), Calcium: 51.08mg (5.11%), Vitamin D: 0.29µg (1.9%)