



Chocolate P B Nana Tart



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



716 kcal

DESSERT

Ingredients

- ☐ 1 small banana sliced
- ☐ 1 serving dusting of icing sugar
- ☐ 2 tbsp nutella
- ☐ 2 tbsp peanut butter
- ☐ 1 serving rectangle of ready rolled puff pastry

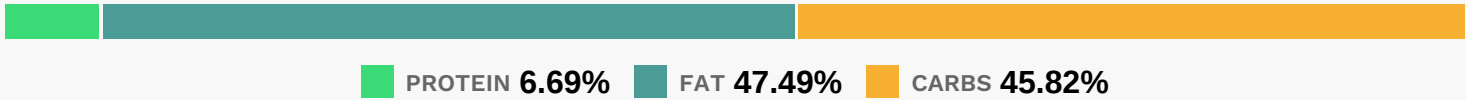
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 200c/180c fan/gas mark 6.
- ☐ Carefully unroll a sheet of puff pastry and cut a rectangle.
- ☐ Score about 1cm in from the edge all the way around.
- ☐ Add the peanut butter to the centre area, then dollop on the Nutella and add the slices of banana.
- ☐ Place on a baking tray and dust with icing sugar, then bake for 15–20 minutes until the pastry is golden.

Nutrition Facts



Properties

Glycemic Index:154.11, Glycemic Load:24.58, Inflammation Score:-6, Nutrition Score:18.665652207706%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg 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: 716.42kcal (35.82%), Fat: 39.04g (60.07%), Saturated Fat: 24.46g (152.86%), Carbohydrates: 84.78g (28.26%), Net Carbohydrates: 76.6g (27.86%), Sugar: 63.47g (70.53%), Cholesterol: 0mg (0%), Sodium: 171.28mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.18mg (1.73%), Protein: 12.38g (24.75%), Manganese: 1.39mg (69.47%), Vitamin E: 6.69mg (44.61%), Fiber: 8.17g (32.69%), Magnesium: 128.87mg (32.22%), Vitamin B6: 0.57mg (28.68%), Copper: 0.56mg (28.1%), Vitamin B3: 5.29mg (26.43%), Phosphorus: 243.78mg (24.38%), Potassium: 844.01mg (24.11%), Iron: 4.09mg (22.71%), Vitamin B2: 0.26mg (15.59%), Folate: 58.86µg (14.72%), Zinc: 1.75mg (11.7%), Vitamin C: 8.79mg (10.65%), Calcium: 100.83mg (10.08%), Vitamin B1: 0.14mg (9.49%), Vitamin B5: 0.94mg (9.41%), Selenium: 5.28µg (7.54%), Vitamin B12: 0.2µg (3.33%), Vitamin K: 2.17µg (2.06%), Vitamin A: 66.87IU (1.34%)