



Chocolate, salted caramel & banana mess

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



786 kcal

SIDE DISH

Ingredients

- ☐ 0.5 vanilla pod
- ☐ 150 ml double cream
- ☐ 2 no boil lasagna noodles crumbled
- ☐ 2 banana sliced
- ☐ 2 tbsp sugar
- ☐ 3 tbsp double cream
- ☐ 1 tbsp butter
- ☐ 1 pinch sea salt

- ☐ 2 tbsp milk
- ☐ 1 tbsp double cream
- ☐ 50 g chocolate dark

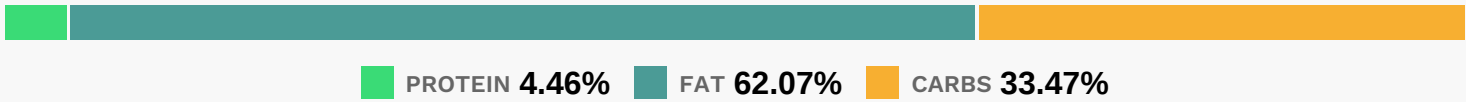
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To make the salted caramel, put the sugar and 2 tbsp water in a small heavy-bottomed saucepan.
- ☐ Place on a low heat and swirl gently until the sugar has melted. Turn up the heat and let the sugar bubble and caramelise to a nutty brown. Take off the heat and pour in the cream, butter and salt flakes do this carefully, as it may spit. Gently stir together until smooth and glossy.
- ☐ For the chocolate sauce, bring the milk and cream to the boil in a small saucepan.
- ☐ Put the chocolate bits into a bowl.
- ☐ Pour over two-thirds of the milk and cream mixture, stirring until melted and smooth. Adjust the consistency with the remaining hot milk mixture.
- ☐ Put the vanilla seeds into the cream and whip until just holding soft peaks. Fold the meringues and banana slices into the cream, leaving a few slices for garnish. Put in serving dishes and drizzle with the two sauces. Top with the remaining banana slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:117.93, Glycemic Load:23.71, Inflammation Score:-8, Nutrition Score:15.628260985665%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 786.37kcal (39.32%), Fat: 55.9g (86%), Saturated Fat: 34.44g (215.22%), Carbohydrates: 67.84g (22.61%), Net Carbohydrates: 61.41g (22.33%), Sugar: 36.5g (40.55%), Cholesterol: 145.01mg (48.34%), Sodium: 105.5mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20mg (6.67%), Protein: 9.03g (18.06%), Manganese: 0.81mg (40.39%), Vitamin A: 1837.08IU (36.74%), Copper: 0.55mg (27.31%), Fiber: 6.44g (25.74%), Magnesium: 98.18mg (24.55%), Vitamin B6: 0.49mg (24.44%), Potassium: 769.21mg (21.98%), Vitamin B2: 0.33mg (19.37%), Iron: 3.39mg (18.86%), Phosphorus: 180.97mg (18.1%), Vitamin C: 10.9mg (13.21%), Vitamin D: 1.85µg (12.35%), Calcium: 114.03mg (11.4%), Vitamin E: 1.41mg (9.39%), Selenium: 6.47µg (9.24%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.83mg (8.31%), Folate: 28.03µg (7.01%), Vitamin K: 6.33µg (6.03%), Vitamin B3: 1.13mg (5.67%), Vitamin B12: 0.33µg (5.53%), Vitamin B1: 0.07mg (4.99%)