



Frozen banana & peanut butter cheesecake

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



633 kcal

DESSERT

Ingredients

- ☐ 3 small banana
- ☐ 50 g butter melted
- ☐ 10 digestive biscuits crumbs crushed
- ☐ 142 ml double cream
- ☐ 140 g powdered sugar
- ☐ 400 g cheese soft
- ☐ 0.5 tsp vanilla extract
- ☐ 237 g crunchy peanut butter

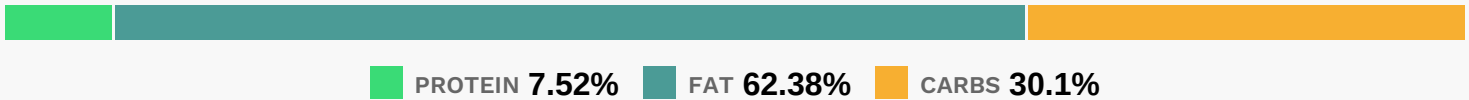
Equipment

- ☐ bowl
- ☐ knife
- ☐ cake form

Directions

- ☐ Several hours before, place 2 bananas in the freezer until the skins go black, then remove and defrost. Youll be left with really soft bananas. Peel, then mash well and set aside.
- ☐ Mix the butter and biscuits together, then press into a 22cm springform cake tin. Whip the cream until it just holds its shape. In a separate bowl, beat the sugar, soft cheese and vanilla together until completely combined. In another bowl, beat the peanut butter to loosen it.
- ☐ Fold the cheese mixture into the peanut butter, then tip in the mashed banana and gently fold in the cream.
- ☐ Spread the mix over the biscuit base and smooth the top. Freeze for several hours or preferably overnight. To serve, leave the cake in the fridge for 20 mins, then run a knife around the side and remove the sides of the tin. Slice the remaining banana and use to decorate the cheesecake.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:13.023912849634%

Flavonoids

Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 632.8kcal (31.64%), Fat: 45.49g (69.98%), Saturated Fat: 20g (125%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 45.44g (16.52%), Sugar: 31.01g (34.45%), Cholesterol: 84.11mg (28.04%), Sodium: 437.04mg (19%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 12.35g (24.69%), Manganese: 0.78mg (39.16%),

Vitamin B3: 5.15mg (25.73%), Vitamin A: 1114.76IU (22.3%), Phosphorus: 200.58mg (20.06%), Vitamin E: 2.91mg (19.39%), Magnesium: 70.53mg (17.63%), Vitamin B6: 0.32mg (16.23%), Vitamin B2: 0.27mg (15.9%), Fiber: 3.95g (15.8%), Folate: 56.16µg (14.04%), Potassium: 471.25mg (13.46%), Selenium: 8.91µg (12.73%), Copper: 0.24mg (12.15%), Calcium: 90.69mg (9.07%), Zinc: 1.35mg (9.01%), Vitamin B5: 0.89mg (8.89%), Iron: 1.41mg (7.82%), Vitamin B1: 0.1mg (7%), Vitamin K: 4.9µg (4.67%), Vitamin C: 3.4mg (4.12%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.29µg (1.9%)