



Oatmeal-Banana Parfaits

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



1078 kcal

DESSERT

Ingredients

- ☐ 2 bananas thinly sliced
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 cups heavy cream
- ☐ 1 cup ounce packet oatmeal plain instant
- ☐ 2 cup ounce packets oatmeal plain instant
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 4 servings salt
- ☐ 2 ounces bittersweet chocolate finely chopped

- ☐ 0.3 cup sugar
- ☐ 1 stick butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup ground walnuts

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Make the bark: Preheat the oven to 35
- ☐ Combine the flour, oatmeal, walnuts, sugar and a pinch of salt in a bowl. Melt the butter in a pot over medium heat and cook until light brown, 6 minutes. Stir into the dry ingredients. Press the dough into the bottom of a 9-inch springform pan.
- ☐ Bake until golden brown, 30 minutes.
- ☐ Remove the crust from the oven and sprinkle with the chocolate; let stand until soft, then spread with the back of a spoon. Refrigerate the bark until firm, 30 minutes. Break into pieces.
- ☐ Make the oatmeal cream: Fill a large bowl with ice. Microwave 3/4 cup cream until simmering, 45 seconds. Puree with the oatmeal, sugar, a pinch of salt, vanilla and nutmeg in a blender.
- ☐ Transfer to a bowl and place over the ice; whisk until cool and thick. In another bowl, whisk the remaining 3/4 cup cream until soft peaks form; fold in the oatmeal puree.
- ☐ Layer the oatmeal cream, bananas and crushed bark in 4 parfait glasses
- ☐ Photograph by Kate Mathis

Nutrition Facts



 **PROTEIN 6.41%**  **FAT 57.71%**  **CARBS 35.88%**

Properties

Glycemic Index:113.97, Glycemic Load:59.75, Inflammation Score:-9, Nutrition Score:21.886956432591%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 1077.56kcal (53.88%), Fat: 71.22g (109.58%), Saturated Fat: 39.56g (247.25%), Carbohydrates: 99.64g (33.21%), Net Carbohydrates: 89.78g (32.65%), Sugar: 32.74g (36.38%), Cholesterol: 162.44mg (54.15%), Sodium: 226.34mg (9.84%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.19mg (4.06%), Protein: 17.8g (35.59%), Vitamin B1: 0.7mg (46.52%), Phosphorus: 452.15mg (45.22%), Manganese: 0.85mg (42.45%), Vitamin A: 2064.87IU (41.3%), Fiber: 9.86g (39.44%), Magnesium: 157.41mg (39.35%), Iron: 5.05mg (28.06%), Vitamin B2: 0.45mg (26.24%), Folate: 87.96µg (21.99%), Copper: 0.43mg (21.47%), Zinc: 3.02mg (20.11%), Vitamin B6: 0.39mg (19.43%), Potassium: 663.52mg (18.96%), Selenium: 13.27µg (18.95%), Vitamin E: 1.98mg (13.22%), Vitamin B3: 2.55mg (12.73%), Vitamin D: 1.85µg (12.35%), Calcium: 122.32mg (12.23%), Vitamin C: 5.8mg (7.03%), Vitamin B5: 0.66mg (6.57%), Vitamin K: 6.48µg (6.17%), Vitamin B12: 0.22µg (3.61%)