

Peanut Butter Beignets with Caramelized Bananas and Bitter Caramel Ice Cream

READY IN



45 min.

SERVINGS



10

CALORIES



880 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.8 cups flour
- 3 slices banana
- 10 servings canola oil for frying
- 10 servings mrs richardson's butterscotch caramel sauce
- 1.3 cups seltzer water
- 1 tablespoon plus light
- 0.8 cup creamy peanut butter
- 0.5 cup t brown sugar dark packed ()

- 0.3 cup rum dark
- 2 large eggs
- 1 teaspoon juice of lemon fresh
- 10 servings peanuts chopped
- 10 servings powdered sugar
- 0.8 teaspoon salt
- 12 ounces bittersweet chocolate unsweetened chopped (not)
- 0.5 cup sugar
- 2 tablespoons sugar
- 0.3 cup butter unsalted ()
- 9 tablespoons butter unsalted cooled melted
- 1 cup cocoa powder unsweetened (preferably Valrhona or Dutch-process)
- 0.8 cup whipping cream

Equipment


- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- whisk
- hand mixer
- slotted spoon

Directions

- Bring cream, sugar, and corn syrup to simmer in heavy medium saucepan.
- Add chocolate and stir until melted and smooth.
- Transfer mixture to medium bowl.

- Add peanut butter and whisk until mixture is smooth. Cover and chill until ganache is firm, about 2 hours.
- Using 1 level tablespoon ganache for each, form 1 1/4-inch balls.
- Place on baking sheet. Freeze ganache balls overnight.
- Whisk flour, cocoa powder, sugar, and salt in large bowl to blend.
- Add club soda, then eggs and melted butter. Using electric mixer, beat until mixture is well blended and smooth.
- Pour enough oil into heavy large skillet to reach depth of 1 1/2 inches; heat to 350F.
- Remove peanut butter ganache balls from freezer. Working with a few ganache balls at a time, dip into beignet batter, coating balls completely. Lift balls out with fork and slowly slide into hot oil; fry until batter is set and slightly crisp, about 1 1/2 minutes. Using slotted spoon, transfer beignets to paper towels to drain. Keep warm.
- Melt butter in large nonstick skillet over medium-high heat.
- Add brown sugar and stir until sugar begins to melt, bubble, and form thick mass, about 4 minutes.
- Add rum and lemon juice; simmer until mixture thickens slightly, about 3 minutes.
- Add bananas and cook until glazed with caramel, about 1 minute.
- Place 3 beignets on each plate. Dust with powdered sugar.
- Place caramelized bananas and scoop of Bitter Caramel Ice Cream alongside beignets.
- Sprinkle ice cream with peanut brittle and serve.

Nutrition Facts

  
 **PROTEIN 5.79%**  **FAT 49.52%**  **CARBS 44.69%**

Properties

Glycemic Index:33.22, Glycemic Load:22.07, Inflammation Score:-8, Nutrition Score:19.312174107717%

Flavonoids

Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 879.73kcal (43.99%), Fat: 49.89g (76.75%), Saturated Fat: 24.27g (151.69%), Carbohydrates: 101.31g (33.77%), Net Carbohydrates: 93.67g (34.06%), Sugar: 71.26g (79.17%), Cholesterol: 98.7mg (32.9%), Sodium: 431.77mg (18.77%), Alcohol: 2g (100%), Alcohol %: 0.98% (100%), Caffeine: 49.04mg (16.35%), Protein: 13.12g (26.23%), Manganese: 1.29mg (64.32%), Copper: 0.9mg (44.9%), Magnesium: 149.64mg (37.41%), Fiber: 7.64g (30.58%), Phosphorus: 296.59mg (29.66%), Iron: 5.04mg (28%), Selenium: 17µg (24.28%), Vitamin B3: 4.57mg (22.84%), Vitamin E: 3.19mg (21.29%), Folate: 69.76µg (17.44%), Vitamin A: 829.2IU (16.58%), Vitamin B2: 0.28mg (16.29%), Zinc: 2.4mg (15.97%), Potassium: 558.64mg (15.96%), Vitamin B1: 0.23mg (15.63%), Calcium: 98.77mg (9.88%), Vitamin B6: 0.17mg (8.35%), Vitamin B5: 0.76mg (7.56%), Vitamin K: 6.69µg (6.37%), Vitamin D: 0.76µg (5.06%), Vitamin B12: 0.28µg (4.7%), Vitamin C: 0.92mg (1.11%)