



Peanut Butter Beignets with Caramelized Bananas and Bitter Caramel Ice Cream

READY IN



45 min.

SERVINGS



10

CALORIES



780 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
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 cup cocoa powder unsweetened (preferably Valrhona or Dutch-process)
- ☐ 0.8 cup whipping cream

Equipment

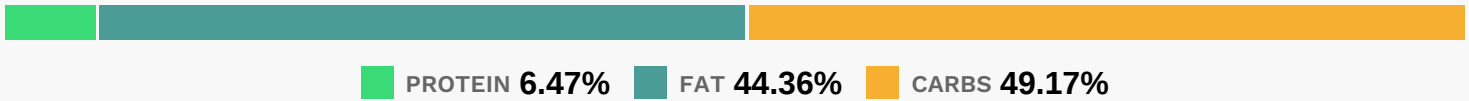
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ slotted spoon

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 350°F.
- ☐ 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



Properties

Glycemic Index:26.21, Glycemic Load:20.39, Inflammation Score:-7, Nutrition Score:18.769130442453%

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: 780.14kcal (39.01%), Fat: 39.66g (61.02%), Saturated Fat: 17.8g (111.24%), Carbohydrates: 98.91g (32.97%), Net Carbohydrates: 91.27g (33.19%), Sugar: 68.85g (76.5%), Cholesterol: 71.61mg (23.87%), Sodium: 430.36mg (18.71%), Alcohol: 2g (100%), Alcohol %: 1.04% (100%), Caffeine: 49.04mg (16.35%), Protein: 13.01g (26.02%), Manganese: 1.29mg (64.29%), Copper: 0.9mg (44.79%), Magnesium: 149.38mg (37.35%), Fiber: 7.64g (30.58%), Phosphorus: 293.57mg (29.36%), Iron: 5.04mg (27.98%), Selenium: 16.85µg (24.08%), Vitamin B3: 4.56mg (22.82%), Vitamin E: 2.9mg (19.34%), Folate: 69.38µg (17.34%), Vitamin B2: 0.27mg (16.01%), Zinc: 2.38mg (15.9%), Potassium: 555.57mg (15.87%), Vitamin B1: 0.23mg (15.59%), Vitamin A: 514.33IU (10.29%), Calcium: 95.72mg (9.57%), Vitamin B6: 0.17mg (8.33%), Vitamin B5: 0.74mg (7.42%), Vitamin K: 5.81µg (5.53%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.57µg (3.8%), Vitamin C: 0.92mg (1.11%)