



Pineapple & banana custard meringues



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 227 g pineapple juice canned
- ☐ 3 tbsp cornstarch
- ☐ 2 large eggs separated
- ☐ 425 ml milk
- ☐ 1 tsp vanilla extract
- ☐ 50 g brown sugar
- ☐ 2 banana

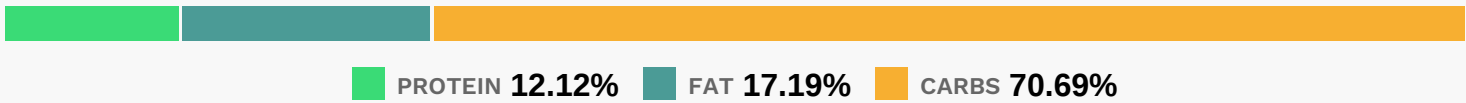
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 190C/gas 5/fan 170C.
- ☐ Drain the pineapple juice into a medium-sized pan. Blend in the cornflour then stir in the egg yolks, milk and vanilla extract.
- ☐ Heat, stirring all the time with a small whisk or wooden spoon until the mixture boils and thickens. Turn the heat to low and cook gently for one minute, stirring all the time.
- ☐ Remove the pan from the heat and stir in half the sugar. Tip in the pineapple, then slice in the bananas and stir everything together gently. Have a taste add a little sugar if the sauce isnt sweet enough.
- ☐ Spoon the mixture into 4 individual baking dishes or large ovenproof teacups.
- ☐ Bake on a baking sheet for 5 minutes while you make the topping.
- ☐ Whisk the egg whites with an electric hand beater until they hold their shape. Tip in the remaining sugar and whisk until the meringue is glossy. Pile onto the hot desserts and bake for 5 more minutes until billowy and golden.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:9.84, Inflammation Score:-4, Nutrition Score:9.9595651730247%

Flavonoids

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: 244.71kcal (12.24%), Fat: 4.74g (7.3%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 42.19g (15.34%), Sugar: 30.57g (33.97%), Cholesterol: 101.48mg (33.83%), Sodium: 91.17mg (3.96%), Alcohol: 0.36g (100%), Alcohol %: 0.17% (100%), Protein: 7.53g (15.05%), Manganese: 0.48mg (24.04%), Vitamin B2: 0.37mg (21.55%), Vitamin B6: 0.36mg (18.07%), Phosphorus: 165.87mg (16.59%), Calcium: 162.12mg (16.21%), Selenium: 11.29µg (16.13%), Potassium: 486.23mg (13.89%), Vitamin C: 11.02mg (13.36%), Vitamin B12: 0.78µg (13.07%), Vitamin B5: 1.01mg (10.06%), Folate: 39.19µg (9.8%), Magnesium: 38.83mg (9.71%), Vitamin B1: 0.1mg (6.84%), Fiber: 1.7g (6.81%), Zinc: 0.99mg (6.6%), Copper: 0.12mg (5.96%), Vitamin A: 283.7IU (5.67%), Iron: 0.91mg (5.03%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.64mg (3.2%), Vitamin E: 0.36mg (2.43%)