



Walnut Frangipane and Banana Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



678 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 small banana
- ☐ 2 large eggs
- ☐ 0.3 cup brown sugar packed ()
- ☐ 8 servings powdered sugar
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)

- ☐ 0.1 teaspoon salt
- ☐ 5 tablespoons sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.7 cup walnuts cooled toasted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Blend first 4 ingredients in processor until nuts are finely ground. Using electric mixer, beat butter, 5 tablespoons sugar, and brown sugar in bowl until blended. Beat in eggs, then ground walnut mixture. (Can be made 1 day ahead. Cover and chill.)
- ☐ Roll out each pastry sheet on lightly floured surface to 10-inch square. Using 5-inch-diameter plate as guide, cut out 4 rounds from each square. Using tip of small knife, score 4-inch-diameter circle in center of each 5-inch round (do not cut completely through pastry). Pierce 4-inch centers thoroughly with fork.
- ☐ Place pastry rounds on large baking sheet. Chill until very cold, at least 1 hour and up to 1 day.
- ☐ Preheat oven to 375°F.
- ☐ Spread 2 1/2 tablespoons frangipane over 4-inch center of each pastry round (reserve remaining frangipane for another use). Arrange banana ovals decoratively on frangipane.
- ☐ Sprinkle bananas on each tart with 1 teaspoon sugar.
- ☐ Bake until pastry is deep golden and bananas begin to brown, about 25 minutes.
- ☐ Brush bananas with warm apricot jam. Sift powdered sugar over tartlets.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.98, Glycemic Load:27.44, Inflammation Score:-5, Nutrition Score:12.076086956522%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 677.9kcal (33.9%), Fat: 42.63g (65.58%), Saturated Fat: 14.24g (89%), Carbohydrates: 68.69g (22.9%), Net Carbohydrates: 65.97g (23.99%), Sugar: 30.58g (33.98%), Cholesterol: 77mg (25.67%), Sodium: 227.34mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Manganese: 0.78mg (39.1%), Selenium: 21.76µg (31.09%), Vitamin B1: 0.34mg (22.37%), Folate: 80.92µg (20.23%), Vitamin B2: 0.31mg (18.12%), Vitamin B3: 3.25mg (16.25%), Copper: 0.28mg (14.25%), Iron: 2.52mg (14.01%), Vitamin B6: 0.23mg (11.62%), Phosphorus: 115.87mg (11.59%), Fiber: 2.72g (10.88%), Vitamin K: 11.37µg (10.83%), Magnesium: 39.32mg (9.83%), Vitamin A: 464.01IU (9.28%), Potassium: 257.39mg (7.35%), Vitamin E: 0.91mg (6.07%), Zinc: 0.9mg (6.01%), Vitamin C: 4.07mg (4.94%), Calcium: 43.47mg (4.35%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.14µg (2.26%)