



Warm Banana Tartlets with Peanut Crunch Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



900 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 4 banana peeled thinly sliced into rounds
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 2 large egg yolk
- ☐ 1.5 cups half and half
- ☐ 0.7 cup peanuts chopped
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)

- ☐ 3 ounces roasted peanuts salted finely chopped
- ☐ 0.7 cup sugar
- ☐ 6 tablespoons butter unsalted room temperature ()
- ☐ 1.5 cups whipping cream

Equipment

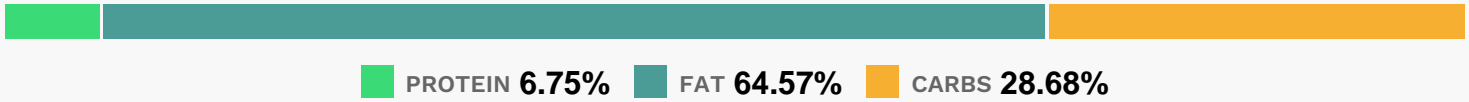
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ ice cream machine

Directions

- ☐ Bring cream and half and half to simmer in heavy medium saucepan.
- ☐ Add peanuts. Cover; remove from heat.
- ☐ Let stand 30 minutes. Strain cream mixture through sieve set over large bowl, pressing on solids to extract as much liquid as possible.
- ☐ Whisk in sugar and yolks. Return to saucepan. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 4 minutes (do not boil). Strain into medium bowl. Chill uncovered until cold.
- ☐ Transfer custard to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer ice cream to container.
- ☐ Mix in brittle. Cover and freeze until firm. (Can be made 3 days ahead. Keep frozen.)
- ☐ Preheat oven to 350°F. Using electric mixer, beat 2/3 cup sugar and butter in medium bowl until well blended. Beat in yolks.
- ☐ Mix in flour, then nuts. Set peanut cream aside.
- ☐ Unfold pastry on work surface.

- ☐ Cut each pastry sheet into 4 squares; pierce all over with fork.
- ☐ Place 4 pastry squares on each of 2 baking sheets, spacing apart.
- ☐ Brush egg glaze over pastry.
- ☐ Spread 2 tablespoons peanut cream over each pastry, leaving 1/2-inch plain border. Arrange bananas in overlapping slices atop peanut cream.
- ☐ Sprinkle with 2 tablespoons sugar.
- ☐ Bake until crusts are golden brown, about 30 minutes.
- ☐ Transfer to plates.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:34.28, Inflammation Score:-8, Nutrition Score:18.727391201517%

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: 900.2kcal (45.01%), Fat: 66.37g (102.1%), Saturated Fat: 27.14g (169.62%), Carbohydrates: 66.33g (22.11%), Net Carbohydrates: 61.72g (22.44%), Sugar: 27.52g (30.58%), Cholesterol: 155.24mg (51.75%), Sodium: 252.89mg (11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Manganese: 1.05mg (52.43%), Selenium: 24.8µg (35.43%), Vitamin B3: 6.67mg (33.35%), Folate: 117.9µg (29.47%), Vitamin B1: 0.43mg (28.37%), Vitamin B2: 0.48mg (28.09%), Vitamin A: 1208.37IU (24.17%), Phosphorus: 239.11mg (23.91%), Magnesium: 75.63mg (18.91%), Fiber: 4.61g (18.42%), Vitamin B6: 0.36mg (18.13%), Copper: 0.32mg (15.87%), Iron: 2.82mg (15.66%), Potassium: 541mg (15.46%), Vitamin K: 12.97µg (12.35%), Calcium: 122.14mg (12.21%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.36mg (9.07%), Vitamin E: 1.33mg (8.84%), Vitamin D: 1.21µg (8.07%), Vitamin C: 5.81mg (7.04%), Vitamin B12: 0.31µg (5.12%)