



Back in Business Banana Bread Pudding

READY IN



110 min.

SERVINGS



8

CALORIES



568 kcal

Ingredients

- 2 bananas
- 1 tablespoon butter
- 1 tablespoon cornstarch
- 0.3 teaspoon cream of tartar fresh stale (make sure it is a container, i.e. not)
- 0.5 cup apricots dried chopped
- 4 egg whites at room temperature
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 cup apricot jelly

- 3 cups milk
- 0.5 cup raisins white chopped
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 4 cups vanilla wafers
- 0.3 cup warm water
- 0.3 cup water

Equipment

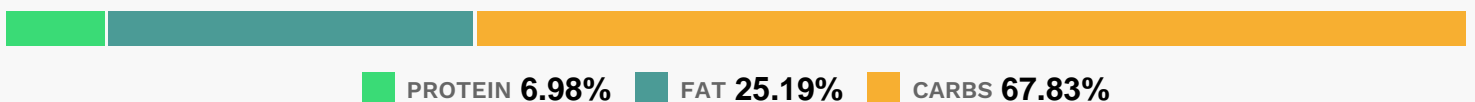
- bowl
- sauce pan
- oven
- whisk
- double boiler
- baking pan
- toothpicks

Directions

- Grease a 2-quart baking dish with butter. In a large bowl, mix the vanilla wafers, apricots, raisins, sugar, salt, cinnamon, and nutmeg. Slice the bananas and fold into the dry ingredients.
- Transfer to the baking dish, distributing evenly. In another bowl, mix eggs, milk, vanilla and amaretto, whiskey or warm water.
- Preheat oven to 350 degrees F.
- Pour the milk and egg mixture over the dry ingredients.
- Let the baking dish stand for about 20 minutes to allow the liquid to absorb.

- Prepare a bain marie by placing the baking dish into a larger pan or dish, placing the arrangement into the preheated oven, and then pouring hot water into the outer dish (without splashing any into the custard dish).
- Bake until the pudding firms and puffs up and a toothpick inserted in the center comes out clean, about 1 hour.
- Remove from oven and from water bath.
- Spread apricot jelly over the top of pudding and let rest.
- Increase oven heat to 425 degrees F.
- To make the meringue topping, make a slurry with 1/3 cup water gradually whisked into a small saucepan to which you have added cornstarch and sugar. Bring to a boil over medium heat, whisking constantly. As it thickens and becomes translucent, cover and remove it from the heat. In a scrupulously clean large metal or glass bowl, with scrupulously clean beaters, beat the egg whites (they must be at room temperature) until foamy.
- Add vanilla and cream of tartar and beat until soft peaks form. Very gradually beat in sugar on high until glossy and stiff peaks form, but do not allow it to get dry. Reduce the speed of the beater to low and gradually add the cornstarch slurry. When it has all been added increase speed to medium for about 10 seconds.
- Spread the meringue over the bread pudding, swirling it decoratively with the back of a spoon, and being sure to anchor the meringue to the sides of the baking dish.
- Bake until the meringue browns, 5 or 10 minutes.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:58.28, Inflammation Score:-5, Nutrition Score:10.601739067098%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 568.14kcal (28.41%), Fat: 15.81g (24.32%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 95.79g (31.93%), Net Carbohydrates: 92.72g (33.72%), Sugar: 56.66g (62.95%), Cholesterol: 76.67mg (25.56%), Sodium: 472.69mg

(20.55%), Alcohol: 2.18g (100%), Alcohol %: 0.98% (100%), Protein: 9.85g (19.71%), Vitamin B2: 0.46mg (27.01%), Vitamin B1: 0.31mg (20.94%), Phosphorus: 174.78mg (17.48%), Folate: 66.18µg (16.55%), Selenium: 10.91µg (15.59%), Potassium: 541.97mg (15.48%), Calcium: 138.06mg (13.81%), Fiber: 3.07g (12.27%), Vitamin A: 593.2IU (11.86%), Vitamin B6: 0.23mg (11.32%), Vitamin B12: 0.66µg (10.96%), Vitamin B3: 2.09mg (10.43%), Vitamin D: 1.34µg (8.91%), Manganese: 0.17mg (8.48%), Vitamin B5: 0.77mg (7.74%), Magnesium: 29.41mg (7.35%), Copper: 0.12mg (6.18%), Vitamin C: 5.01mg (6.08%), Iron: 0.97mg (5.37%), Zinc: 0.71mg (4.73%), Vitamin E: 0.67mg (4.46%)