



Baked Banana Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



303 kcal

DESSERT

Ingredients

- 3 bananas ripe peeled sliced into 1/4-inch rounds
- 1 pinch cream of tartar
- 4 large eggs separated
- 0.3 cup flour all-purpose
- 0.5 cup granulated sugar
- 2 cups half-and-half
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon freshly squeezed

- 0.5 teaspoon vanilla extract
- 45 vanilla wafers

Equipment

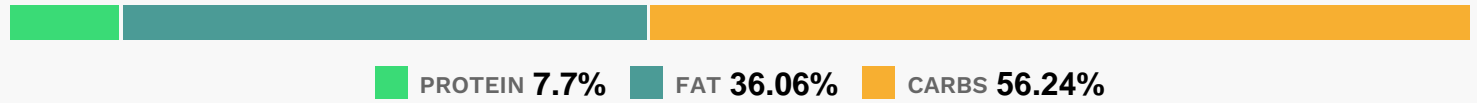
- bowl
- frying pan
- oven
- whisk
- mixing bowl
- stand mixer

Directions

- Watch how to make this recipe.
- Heat the oven to 400 degrees F.
- Toss the banana slices and lemon juice in a small bowl and set aside.
- Combine 1/2 cup of the sugar, the flour and salt in a 3-quart saucier.
- Add the egg yolks and whisk to combine.
- Add the half-and-half and carefully whisk to combine. Cook over medium-low heat, stirring constantly until the mixture reaches 172 to 180 degrees F, approximately 5 to 10 minutes. The mixture will begin to thicken and bubble around the edges.
- Remove the pan from the heat and whisk in the vanilla extract.
- Spread a small amount of the pudding in the bottom of an oven-safe 1 1/2-quart glass mixing bowl. Cover with a layer of vanilla wafers, followed by a layer of banana slices.
- Pour 1/3 of the remaining pudding on top of the bananas and repeat, ending with a layer of pudding.
- Whisk the egg whites and cream of tartar in the bowl of a stand mixer on medium speed until soft peaks form. Gradually add the remaining 2 tablespoons of sugar and continue whisking until stiff peaks form. Spoon the meringue over the warm pudding, being sure to cover the edges.
- Bake until the meringue is evenly browned, about 8 to 10 minutes.

Remove the pudding from the oven and cool for 15 minutes before serving. Cool completely before refrigerating. Refrigerate for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:28.1, Inflammation Score:-3, Nutrition Score:6.5308695694675%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 303.08kcal (15.15%), Fat: 12.36g (19.01%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 41.95g (15.25%), Sugar: 24.98g (27.75%), Cholesterol: 91.61mg (30.54%), Sodium: 225.22mg (9.79%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 5.94g (11.87%), Vitamin B2: 0.3mg (17.42%), Selenium: 9.52µg (13.6%), Folate: 49.62µg (12.4%), Vitamin B1: 0.18mg (12%), Phosphorus: 109.35mg (10.93%), Vitamin B6: 0.19mg (9.53%), Potassium: 263.91mg (7.54%), Manganese: 0.13mg (6.57%), Calcium: 65.64mg (6.56%), Vitamin B3: 1.25mg (6.27%), Vitamin A: 302.08IU (6.04%), Vitamin B5: 0.58mg (5.85%), Fiber: 1.42g (5.66%), Vitamin C: 4.1mg (4.96%), Vitamin B12: 0.27µg (4.5%), Magnesium: 17.83mg (4.46%), Iron: 0.67mg (3.72%), Zinc: 0.53mg (3.54%), Copper: 0.05mg (2.68%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.37mg (2.47%)