



Banana Boston Cream Dessert

 Gluten Free

READY IN



175 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 medium banana
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 0.3 cup topping
- ☐ 1 package vanilla pudding instant (4-serving size)
- ☐ 0.3 cup milk
- ☐ 1.3 cups milk
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup non-dairy whipped topping frozen thawed
- ☐ 1.5 cups frangelico
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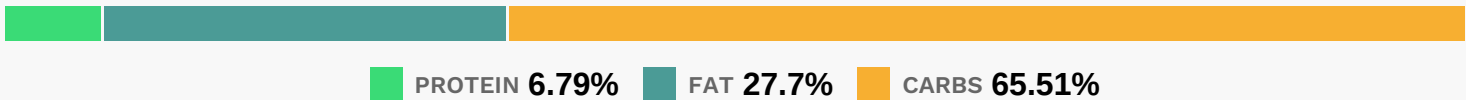
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ In medium bowl, beat pudding mix (dry) and milk with wire whisk or electric mixer on low speed about 2 minutes or until well blended. Fold in whipped topping. Cover and refrigerate 1 hour.
- ☐ Heat oven to 350F. Grease and flour 9-inch round cake pan. In large bowl, beat all dessert ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake about 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely, about 1 hour.
- ☐ Serve cake topped with pudding and bananas; drizzle with chocolate topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:12.85, Inflammation Score:-3, Nutrition Score:5.3465217922045%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 247.55kcal (12.38%), Fat: 7.84g (12.06%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 41.71g (13.9%), Net Carbohydrates: 40.14g (14.6%), Sugar: 33.53g (37.26%), Cholesterol: 47mg (15.67%), Sodium: 183.5mg (7.98%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.54mg (1.18%), Protein: 4.32g (8.64%), Phosphorus: 103.43mg (10.34%), Vitamin B2: 0.16mg (9.65%), Manganese: 0.17mg (8.5%), Calcium: 81.75mg (8.17%), Vitamin B6: 0.16mg (8.1%), Selenium: 5.39µg (7.71%), Potassium: 253.17mg (7.23%), Magnesium: 26.67mg (6.67%), Vitamin B12: 0.39µg (6.44%), Fiber: 1.57g (6.27%), Copper: 0.12mg (5.82%), Vitamin A: 288.83IU (5.78%), Vitamin D: 0.75µg (5.01%), Vitamin B5: 0.46mg (4.65%), Vitamin E: 0.58mg (3.84%), Zinc: 0.56mg (3.74%), Iron: 0.59mg (3.29%), Vitamin B1: 0.05mg (3.14%), Vitamin C: 2.59mg (3.14%), Folate: 12.17µg (3.04%), Vitamin B3: 0.32mg (1.59%)