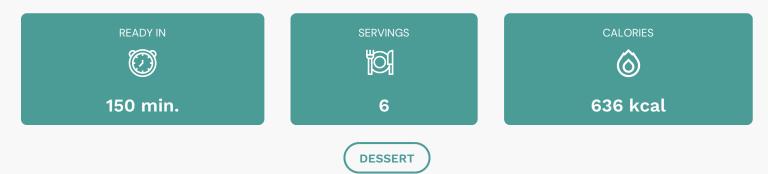




🕭 Vegetarian



Ingredients

- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.5 cup butter unsalted softened
- 0.8 cup brown sugar packed
 - 2 eggs
- 2 cups banana very ripe mashed (4 medium)

- 6 oz cream cheese softened
 - 0.5 cup powdered sugar
- 1.5 teaspoons vanilla
- 1 Dash salt
 - 3 eggs
 - 1 serving powdered sugar
 - 2.3 cups frangelico

Equipment

- bowl
 baking sheet
 oven
 ramekin
 baking pan
 hand mixer
 toothpicks
- glass baking pan

Directions

Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.

In medium bowl, stir together flour, baking soda, cinnamon and 1/4 teaspoon salt. Set aside.

In large bowl, beat butter and brown sugar with electric mixer on medium speed until well blended.

Add 2 eggs, one at a time, beating well and scraping down side of bowl after each addition. Beat in bananas until well mixed. On low speed, gradually add flour mixture, beating just until combined.

Pour into baking dish.

Bake 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool slightly, about 15 minutes.

Cut Banana Bread into 1-inch cubes.

Place cubes in single layer on ungreased cookie sheet. Return to oven; toast cubes 15 to 20 minutes, turning once or twice, until slightly dried out.
Place dried cubes in ungreased 8-inch square (2-quart) glass baking dish or 6 individual ramekins. Set aside.
In medium bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth and creamy. On low speed, beat in half-and-half.
Add vanilla, salt and 3 eggs; beat until almost smooth.
Pour Custard evenly over bread cubes in dish. Cubes should be completely soaked by Custard; if not, use spoon to press cubes down into Custard.
Bake 35 to 50 minutes or until Custard is set.
Sprinkle top of bread pudding with powdered sugar.
Cut into squares; serve warm.
Nutrition Facts

PROTEIN 7.1% 📕 FAT 40.82% 📒 CARBS 52.08%

Properties

Glycemic Index:26.96, Glycemic Load:28.96, Inflammation Score:-7, Nutrition Score:14.022173995557%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.03mg, Quercetin: 0.03mg, Quercetin

Nutrients (% of daily need)

Calories: 635.75kcal (31.79%), Fat: 29.16g (44.86%), Saturated Fat: 16.71g (104.46%), Carbohydrates: 83.72g (27.91%), Net Carbohydrates: 81.12g (29.5%), Sugar: 45.32g (50.35%), Cholesterol: 205.7mg (68.57%), Sodium: 438.3mg (19.06%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 11.42g (22.84%), Selenium: 28.92µg (41.31%), Vitamin B2: 0.48mg (28.52%), Folate: 106.9µg (26.72%), Manganese: 0.51mg (25.61%), Vitamin B1: 0.36mg (24.33%), Vitamin A: 1084.44IU (21.69%), Iron: 2.97mg (16.51%), Phosphorus: 164.85mg (16.48%), Vitamin B6: 0.29mg (14.63%), Vitamin B3: 2.89mg (14.46%), Vitamin B5: 1.13mg (11.32%), Fiber: 2.6g (10.41%), Potassium: 355.88mg (10.17%), Calcium: 87.77mg (8.78%), Magnesium: 32.79mg (8.2%), Vitamin E: 1.15mg (7.67%), Copper: 0.15mg (7.46%), Vitamin B12: 0.42µg (7.01%), Vitamin D: 1.02µg (6.78%), Zinc: 1.02mg (6.77%), Vitamin C: 4.36mg (5.29%), Vitamin K: 2.51µg (2.39%)