



## Banana-Bread Bread Pudding

 Vegetarian

READY IN



150 min.

SERVINGS



6

CALORIES



636 kcal

DESSERT

### 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, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## 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%)