



Banana-Bread Bread Pudding

 Vegetarian  Popular

READY IN



150 min.

SERVINGS



6

CALORIES



781 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups banana very ripe mashed (4 medium)
- 0.8 cup brown sugar packed
- 6 oz cream cheese softened
- 2 eggs
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 2.3 cups half and half
- 0.5 cup powdered sugar
- 6 servings powdered sugar
- 0.3 teaspoon salt
- 1 Dash salt
- 0.5 cup butter unsalted softened
- 1.5 teaspoons vanilla

Equipment

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

Directions

- Heat oven to 350F. 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 7.22% **FAT 45.08%** **CARBS 47.7%**

Properties

Glycemic Index:26.96, Glycemic Load:28.96, Inflammation Score:-7, Nutrition Score:16.743478370749%

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: 780.56kcal (39.03%), Fat: 39.6g (60.92%), Saturated Fat: 23.09g (144.33%), Carbohydrates: 94.28g (31.42%), Net Carbohydrates: 91.67g (33.34%), Sugar: 55.59g (61.76%), Cholesterol: 237.47mg (79.16%), Sodium: 493.79mg (21.47%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 14.26g (28.52%), Selenium: 31.86µg (45.52%), Vitamin B2: 0.66mg (38.95%), Vitamin A: 1405.7IU (28.11%), Folate: 109.62µg (27.4%), Vitamin B1: 0.39mg (26.14%), Manganese: 0.51mg (25.67%), Phosphorus: 251.06mg (25.11%), Calcium: 184.94mg (18.49%), Vitamin B6: 0.34mg (16.9%), Iron: 3.02mg (16.78%), Vitamin B3: 2.99mg (14.96%), Vitamin B5: 1.39mg (13.94%), Potassium: 475.81mg (13.59%), Magnesium: 41.87mg (10.47%), Fiber: 2.6g (10.41%), Vitamin B12: 0.59µg (9.89%), Vitamin E: 1.38mg (9.18%), Zinc: 1.37mg (9.13%), Copper: 0.16mg (7.89%), Vitamin D: 1.02µg (6.78%), Vitamin C: 5.18mg (6.28%), Vitamin K: 3.69µg (3.51%)