



Banana Bread Pudding with Peanut Butter Drizzle



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



601 kcal

DESSERT

Ingredients

- ☐ 2 eggs whole
- ☐ 1 egg yolk
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 cups milk
- ☐ 1 cup whipping cream
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 4 cups banana bread cubed (1 loaf)
- ☐ 1 tablespoon cinnamon
- ☐ 1 tablespoon peanut butter
- ☐ 1 tablespoon milk
- ☐ 0.3 cup powdered sugar

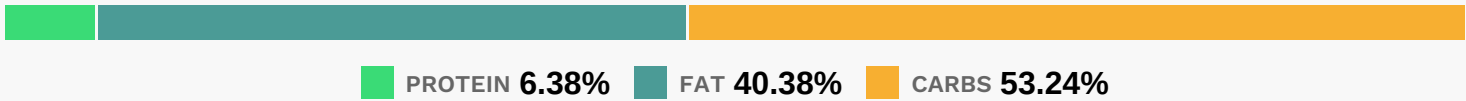
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ In large bowl, beat eggs, egg yolk, granulated sugar, 1 1/2 cups milk, the whipping cream, vanilla and cinnamon with whisk. Stir in 3 cups of the banana bread cubes.
- ☐ Let stand 20 minutes.
- ☐ Heat oven to 325°F. Grease 8-inch square (2-quart) glass baking dish with shortening or cooking spray.
- ☐ Pour banana bread mixture into baking dish. Top with remaining 1 cup banana bread cubes; sprinkle with cinnamon-sugar.
- ☐ Bake 55 to 65 minutes or until puffed and golden (center will not be completely set). Cool 5 minutes. Meanwhile, in small bowl, mix peanut butter, 1 tablespoon milk and the powdered sugar.
- ☐ Drizzle over hot bread pudding.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:6.73, Inflammation Score:-7, Nutrition Score:11.627825949503%

Nutrients (% of daily need)

Calories: 601.17kcal (30.06%), Fat: 27.39g (42.14%), Saturated Fat: 11.14g (69.62%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 79.28g (28.83%), Sugar: 15.49g (17.22%), Cholesterol: 155.42mg (51.81%), Sodium: 408.97mg (17.78%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 9.73g (19.47%), Selenium: 20.94µg (29.91%), Vitamin B2: 0.43mg (25.14%), Manganese: 0.48mg (24.06%), Vitamin A: 1192.83IU (23.86%), Phosphorus: 172.05mg (17.21%), Vitamin B1: 0.25mg (16.5%), Vitamin B6: 0.25mg (12.71%), Folate: 50.47µg (12.62%), Calcium: 124.55mg (12.45%), Iron: 2.08mg (11.53%), Vitamin B3: 2.07mg (10.36%), Vitamin B12: 0.56µg (9.41%), Vitamin D: 1.34µg (8.94%), Potassium: 292.96mg (8.37%), Vitamin B5: 0.83mg (8.32%), Fiber: 1.99g (7.98%), Magnesium: 29.91mg (7.48%), Zinc: 0.95mg (6.32%), Copper: 0.11mg (5.6%), Vitamin E: 0.68mg (4.53%), Vitamin C: 2.23mg (2.71%), Vitamin K: 1.5µg (1.43%)