



Banana Brown Betty

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cinnamon
- 2 tablespoons cornstarch
- 0.3 cup rum dark
- 2 large eggs
- 2 tablespoons flour all-purpose
- 1 cup milk
- 4 firm-ripe bananas sliced into 1/2-inch rounds
- 0.5 teaspoon salt

- 2.5 cups made from 6 oz. rolls plain sweet stale
- 0.3 cup sugar
- 0.5 cup sugar
- 8 tablespoons butter unsalted melted (1 stick)
- 1 teaspoon vanilla extract

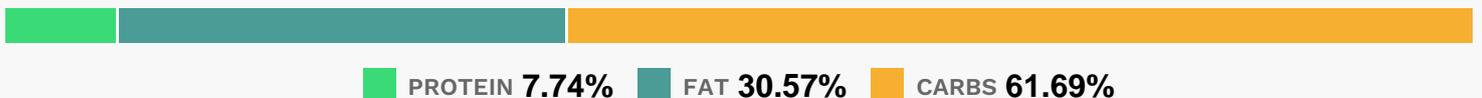
Equipment

- frying pan
- oven
- whisk
- baking pan
- hand mixer

Directions

- Mix together bread crumbs, sugar, cinnamon and butter.
- Make filling: Position a rack in lower third of oven and preheat to 350F. In a heavy pan, bring milk to a simmer. With an electric mixer, beat eggs, sugar, cornstarch, flour and salt until thick and pale yellow. Gradually pour half of milk into egg mixture, whisking constantly, then whisk this mixture gradually into milk in pan. Cook over low heat, whisking constantly, until mixture has thickened, 1 minute (do not overcook).
- Remove from heat and stir for 1 minute.
- Add vanilla and rum, if desired. Fold bananas into hot custard.
- Gently press half of crumb mixture into bottom of a 9-inch baking dish. Top with banana mixture, then remaining crumbs.
- Bake until top has browned and starts to bubble, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:66.83, Glycemic Load:62.08, Inflammation Score:-5, Nutrition Score:11.593478467153%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 644.67kcal (32.23%), Fat: 21.46g (33.02%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 97.48g (32.49%), Net Carbohydrates: 93.68g (34.07%), Sugar: 45.46g (50.51%), Cholesterol: 107.01mg (35.67%), Sodium: 642.65mg (27.94%), Alcohol: 3.57g (100%), Alcohol %: 1.52% (100%), Protein: 12.22g (24.44%), Iron: 15.46mg (85.91%), Vitamin B6: 0.34mg (17.22%), Fiber: 3.79g (15.17%), Manganese: 0.3mg (15.05%), Vitamin A: 673.69IU (13.47%), Vitamin B2: 0.21mg (12.64%), Selenium: 7.96µg (11.37%), Potassium: 376.08mg (10.75%), Phosphorus: 99.56mg (9.96%), Vitamin C: 6.86mg (8.31%), Calcium: 80.88mg (8.09%), Magnesium: 29.41mg (7.35%), Folate: 28.72µg (7.18%), Vitamin D: 1.06µg (7.07%), Vitamin B5: 0.7mg (7.03%), Vitamin B12: 0.4µg (6.66%), Vitamin B1: 0.08mg (5.01%), Vitamin E: 0.72mg (4.78%), Copper: 0.09mg (4.37%), Vitamin B3: 0.74mg (3.71%), Zinc: 0.55mg (3.66%), Vitamin K: 1.98µg (1.89%)