



Banana-Caramel Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 2 bananas peeled sliced (8 oz. total)
- ☐ 4 cups cubes sturdy bread white
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce prepared at room temperature
- ☐ 3 ounces cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pecan halves
- ☐ 6 oz semi chocolate chips
- ☐ 3 cups milk whole 2% (or)

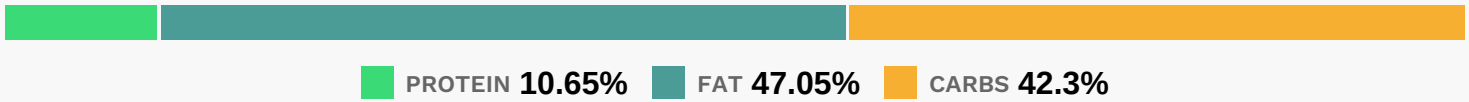
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Arrange bread cubes evenly in a buttered 9-inch square baking pan. Arrange banana slices over bread cubes, then sprinkle with chocolate and nuts.
- ☐ Drizzle caramel sauce evenly over top.
- ☐ In a blender, whirl milk, eggs, cream cheese, and cinnamon until smooth.
- ☐ Pour over bread cubes.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Bake in a 325 regular or convection oven until top is set, 50 minutes to 1 hour.
- ☐ Let stand at least 10 minutes after removing from oven, then serve warm.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:12.22, Inflammation Score:-5, Nutrition Score:15.06521740167%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 418.58kcal (20.93%), Fat: 22.34g (34.36%), Saturated Fat: 9.73g (60.82%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 40.93g (14.88%), Sugar: 26.18g (29.09%), Cholesterol: 92.74mg (30.91%), Sodium: 277.82mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 11.38g (22.76%), Manganese: 1.01mg (50.63%), Selenium: 18.98µg (27.11%), Phosphorus: 261.53mg (26.15%), Copper: 0.42mg (21.04%), Vitamin B2: 0.35mg (20.41%), Magnesium: 79.32mg (19.83%), Calcium: 195.52mg (19.55%), Fiber: 4.25g (16.99%), Iron: 2.94mg (16.31%), Vitamin B1: 0.23mg (15.54%), Potassium: 478.03mg (13.66%), Vitamin B6: 0.25mg (12.67%), Vitamin B12: 0.75µg (12.47%), Zinc: 1.85mg (12.34%), Vitamin B5: 1.16mg (11.57%), Vitamin B3: 2.13mg (10.67%), Folate: 41.12µg (10.28%), Vitamin D: 1.38µg (9.21%), Vitamin A: 438.87IU (8.78%), Vitamin E: 0.64mg (4.26%), Vitamin K: 3.86µg (3.68%), Vitamin C: 2.77mg (3.35%)