



Banana-Caramel Custard

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 1 medium size banana ripe
- ☐ 1 large eggs
- ☐ 2 egg yolks
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 0.5 cup sugar
- ☐ 14 oz condensed milk fat-free sweetened canned
- ☐ 1 tablespoon vanilla extract

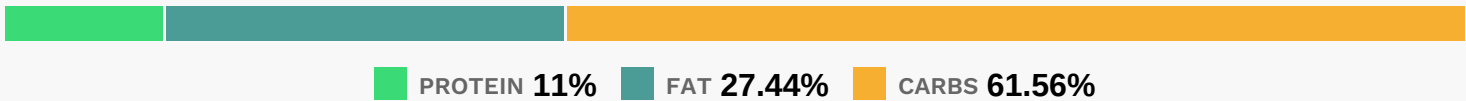
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Cook sugar in an 8-inch round cake pan (with 2-inch sides) over medium heat, shaking pan occasionally, 5 minutes or until sugar melts and turns light golden brown.
- ☐ Remove pan from heat, and let stand 5 minutes. (Sugar will harden.)
- ☐ Process egg yolks and next 6 ingredients in a blender until smooth.
- ☐ Pour mixture over caramelized sugar in pan. Cover mixture with aluminum foil.
- ☐ Place cake pan in a broiler pan.
- ☐ Add hot water (15
- ☐ to pan to a depth of 2/3 inch.
- ☐ Bake at 350 for 1 hour or until a knife inserted in center of custard comes out clean.
- ☐ Remove cake pan from water bath; cool completely on a wire rack. Cover and chill at least 3 hours.
- ☐ Run a knife around edge of pan to loosen; invert onto a serving plate.
- ☐ Tip: The 8-oz. blocks of 1/3-less-fat cream cheese have marks on the packaging noting 1 oz. measurements. By using these marks, it is easy to measure the 3 oz. of cream cheese that you need for this recipe.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:21.46, Inflammation Score:-2, Nutrition Score:6.2143478497215%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.82kcal (12.24%), Fat: 7.53g (11.58%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 37.68g (13.7%), Sugar: 36.63g (40.7%), Cholesterol: 80.84mg (26.95%), Sodium: 95.63mg (4.16%), Alcohol: 0.45g (100%), Alcohol %: 0.54% (100%), Protein: 6.79g (13.58%), Calcium: 209.79mg (20.98%), Phosphorus: 196.09mg (19.61%), Vitamin B2: 0.33mg (19.19%), Selenium: 10.39µg (14.84%), Potassium: 305.52mg (8.73%), Vitamin B5: 0.74mg (7.39%), Vitamin B12: 0.34µg (5.73%), Magnesium: 22.61mg (5.65%), Vitamin A: 273.74IU (5.47%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.1mg (5.1%), Vitamin B1: 0.06mg (4.26%), Folate: 17.05µg (4.26%), Vitamin C: 2.7mg (3.28%), Vitamin D: 0.41µg (2.72%), Manganese: 0.04mg (2.15%), Iron: 0.36mg (2.02%), Vitamin E: 0.28mg (1.83%), Copper: 0.03mg (1.43%), Fiber: 0.31g (1.23%), Vitamin B3: 0.24mg (1.19%)