Banana-Caramel Pudding

READY IN	SERVINGS	CALORIES
45 min.	2	315 kcal

DESSERT

Ingredients

- [ ] 1 medium banana peeled thinly sliced
- [ ] 2 caramel candies
- [ ] 1 tablespoon cornstarch
- [ ] 2 tablespoons egg substitute frozen thawed
- [ ] 0.8 cup skim milk
- [ ] 2 tablespoons sugar
- [ ] 0.5 teaspoon vanilla extract
- [ ] 8 vanilla wafers cut in half
- [ ] 2 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] ramekin

Directions

- [ ] Combine milk and caramel candies in a small saucepan. Cook over medium-low heat until candies melt, stirring frequently.
- [ ] Combine sugar, egg substitute, and cornstarch in a small bowl. Gradually stir about one-fourth of hot mixture into egg substitute mixture; add to remaining hot mixture, stirring constantly. Cook over medium heat, stirring constantly, until mixture is thickened.
- [ ] Remove from heat; stir in vanilla.
- [ ] Layer half of banana slices and half of caramel mixture in 2 (8-ounce) ramekins. Repeat layers with remaining banana slices and caramel mixture. Arrange vanilla wafers around edge of ramekins. Cover and chill thoroughly. Top each serving with 1 tablespoon whipped topping.
- [ ] Garnish with additional banana slices, if desired.

Nutrition Facts

PROTEIN **8.65%** FAT **16.45%** CARBS **74.9%**

Properties

Glycemic Index:150.06, Glycemic Load:34.65, Inflammation Score:-4, Nutrition Score:8.4899999110595%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 314.91kcal (15.75%), Fat: 5.88g (9.05%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 60.3g (20.1%), Net Carbohydrates: 58.39g (21.23%), Sugar: 39.46g (43.84%), Cholesterol: 3.79mg (1.26%), Sodium: 194.89mg (8.47%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 6.96g (13.92%), Vitamin B2: 0.31mg (18.43%), Calcium:

153.21mg (15.32%), Vitamin B6: 0.3mg (14.89%), Phosphorus: 148.2mg (14.82%), Selenium: 9.51µg (13.58%), Vitamin B1: 0.2mg (13.4%), Potassium: 446.68mg (12.76%), Vitamin B12: 0.63µg (10.44%), Folate: 37.85µg (9.46%), Vitamin B5: 0.85mg (8.53%), Manganese: 0.17mg (8.45%), Vitamin D: 1.27µg (8.44%), Magnesium: 31.61mg (7.9%), Fiber: 1.91g (7.62%), Vitamin C: 5.25mg (6.37%), Vitamin B3: 1.17mg (5.85%), Vitamin A: 268.71IU (5.37%), Zinc: 0.71mg (4.75%), Iron: 0.51mg (2.86%), Copper: 0.06mg (2.86%), Vitamin E: 0.38mg (2.55%)