

DESSERT

Banana Caramel Pudding Cake

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	10	\$0.37	303 kcal



Banana Caramel Pudding Cake might be just the dessert you are searching for. This recipe serves 10 and costs 37 cents per serving. One portion of this dish contains about 4g of protein, 9g of fat, and a total of 303 calories. 1 person found this recipe to be yummy and satisfying.

Ingredients

☐ 1½ teaspoons baking powder	☐ ½ teaspoon baking soda
☐ ½ cup mashed banana (about 1 banana)	☐ 2/3 cup packed dark brown sugar
☐ 11/3 cups all-purpose flour	☐ 2 teaspoons all-purpose flour
☐ ¾ cup granulated sugar	☐ ½ teaspoon ground cinnamon
☐ 0.1 teaspoon ground nutmeg	☐ ½ cup 1% low-fat milk
☐ 1/3 cup chopped pecans	☐ ¼ teaspoon salt
☐ ½ teaspoon vanilla extract	☐ 2¼ cups vanilla fat-free ice cream
☐ 2 tablespoons vegetable oil	☐ 1½ cups boiling water

Method

- 1 Preheat oven to 35
- 2 Combine brown sugar and 2 teaspoons flour; set aside.
- 3 Lightly spoon flour into dry measuring cups; level with a knife.
- 4 Combine 1 1/3 cups flour and next 7 ingredients in a medium bowl; stir with a wire whisk. Make a well in center of mixture.
- 5 Combine banana and next 3 ingredients; add to flour mixture, stirring just until moist.
- 6 Spoon batter into an 8-inch square baking pan; sprinkle with brown sugar mixture.
- 7 Pour 1 1/2 cups boiling water over batter (do not stir).
- 8 Bake at 350 for 40 minutes or until pudding is bubbly and cake springs back when lightly touched in center.
- 9 Serve warm. Divide onto individual serving dishes and top with ice cream.

Nutrition per serving

303	4 g	9 g	53 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.8 g · 17% of daily needs
Fibre			1.4 g · 5% of daily needs
Sugar			37.7 g · 42% of daily needs
Sodium			211 mg · 9% of daily needs
Cholesterol			13.7 mg · 5% of daily needs
Vitamin C			1.2 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/banana-caramel-pudding-cake-147716