



## Banana-Chocolate Bread Pudding

READY IN



70 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

### Ingredients

- 2 tablespoons granulated sugar
- 1 teaspoon cornstarch
- 0.3 cup water
- 1.5 cups strawberries fresh unsweetened whole thawed sliced (partially )
- 1 cup banana very ripe mashed (2 medium)
- 0.3 cup brown sugar packed
- 1.3 cups soymilk
- 0.7 cup eggs fat-free
- 1 teaspoon vanilla

- 4 cups unseasoned bread cubes white french
- 0.3 cup semisweet chocolate chips miniature
- 1 serving cool whip fat-free frozen thawed

## Equipment

- bowl
- sauce pan
- oven
- whisk

## Directions

- In 1-quart saucepan, stir together granulated sugar, cornstarch and water. Stir in 1/2 cup of the strawberries.
- Heat to boiling, stirring frequently. Reduce heat to low. Cook 3 to 5 minutes, stirring frequently, until slightly thickened. Cool 10 minutes. Stir in remaining 1 cup strawberries. Cover and refrigerate until ready to serve.
- Heat oven to 350°F. Spray 9-inch quiche dish or 9-inch glass pie plate with cooking spray.
- In large bowl, beat bananas, brown sugar, soymilk, egg product and vanilla with wire whisk until smooth. Fold in bread and 2 tablespoons of the chocolate chips.
- Spread in quiche dish.
- Sprinkle with remaining chocolate chips.
- Bake 30 to 35 minutes or until golden brown and set.
- Cut warm bread pudding into wedges.
- Serve warm pudding with strawberry sauce.
- Garnish with whipped topping. Cover and refrigerate any remaining bread pudding.

## Nutrition Facts



## Properties

Glycemic Index:32.12, Glycemic Load:12.33, Inflammation Score:-4, Nutrition Score:11.671304277752%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 232.42kcal (11.62%), Fat: 6.99g (10.75%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 32.29g (11.74%), Sugar: 18.81g (20.9%), Cholesterol: 75.86mg (25.29%), Sodium: 184.86mg (8.04%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.36mg (2.12%), Protein: 7.57g (15.14%), Manganese: 0.6mg (29.9%), Vitamin C: 20.4mg (24.72%), Selenium: 16.23µg (23.18%), Vitamin B3: 3.18mg (15.89%), Vitamin B2: 0.27mg (15.83%), Folate: 56.3µg (14.07%), Iron: 2.23mg (12.41%), Vitamin B6: 0.24mg (12.24%), Calcium: 117.87mg (11.79%), Fiber: 2.9g (11.6%), Copper: 0.23mg (11.47%), Vitamin B1: 0.16mg (10.87%), Phosphorus: 106.76mg (10.68%), Vitamin B12: 0.63µg (10.44%), Vitamin E: 1.4mg (9.32%), Magnesium: 36.3mg (9.08%), Potassium: 283.8mg (8.11%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.91mg (6.09%), Vitamin D: 0.88µg (5.85%), Vitamin A: 284.41IU (5.69%), Vitamin K: 2.65µg (2.53%)