



Banana-Chocolate Bread Pudding

READY IN



70 min.

SERVINGS



8

CALORIES



238 kcal

DESSERT

Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 4 cups unseasoned bread cubes white french
- 0.3 cup brown sugar packed
- 1 teaspoon cornstarch
- 0.7 cup eggs fat-free
- 2 tablespoons granulated sugar
- 0.3 cup semisweet chocolate chips miniature
- 1.3 cups soymilk
- 1.5 cups strawberries fresh unsweetened whole thawed sliced (partially)

- 1 teaspoon vanilla
- 0.3 cup water
- 8 servings cool whip fat-free frozen thawed

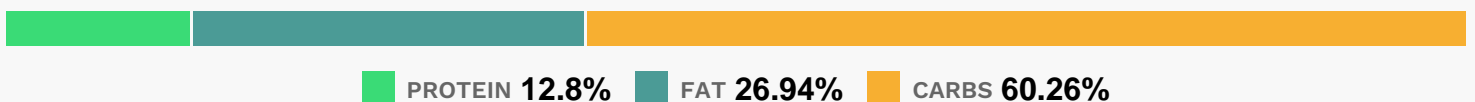
Equipment

- 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 350F. 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:11.87608687774%

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: 238.29kcal (11.91%), Fat: 7.19g (11.06%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 33.26g (12.09%), Sugar: 19.44g (21.6%), Cholesterol: 76.49mg (25.5%), Sodium: 187.69mg (8.16%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.36mg (2.12%), Protein: 7.69g (15.37%), Manganese: 0.6mg (29.9%), Vitamin C: 20.4mg (24.72%), Selenium: 16.34µg (23.35%), Vitamin B2: 0.29mg (17.27%), Vitamin B3: 3.19mg (15.96%), Folate: 56.97µg (14.24%), Vitamin B6: 0.25mg (12.48%), Iron: 2.24mg (12.42%), Calcium: 122.13mg (12.21%), Fiber: 2.92g (11.67%), Copper: 0.23mg (11.51%), Vitamin B12: 0.68µg (11.42%), Vitamin B1: 0.17mg (11.26%), Phosphorus: 109.44mg (10.94%), Vitamin E: 1.4mg (9.34%), Magnesium: 36.62mg (9.15%), Potassium: 288.05mg (8.23%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.93mg (6.18%), Vitamin D: 0.88µg (5.85%), Vitamin A: 291.3IU (5.83%), Vitamin K: 2.67µg (2.54%)