



# Banana Coconut Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

271 kcal

DESSERT

## Ingredients

- ☐ 3 bananas firm ripe
- ☐ 1 tablespoon garnish if desired: crystallized ginger chopped
- ☐ 2 tablespoons crystallized ginger coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon pearl tapioca (not quick-cooking)
- ☐ 14 ounce coconut milk light unsweetened canned

## Equipment

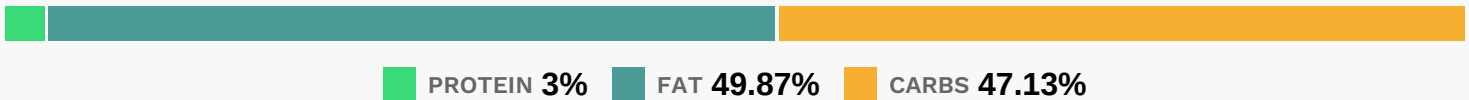
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ramekin

## Directions

- ☐ In a small bowl soften tapioca in warm water to cover 1 hour.
- ☐ While tapioca is soaking, in a small saucepan cook coconut milk, ginger, and sugar over moderate heat, stirring, until sugar is dissolved.
- ☐ Remove pan from heat and let mixture stand 10 minutes.
- ☐ Drain tapioca. Peel bananas and quarter lengthwise.
- ☐ Cut quarters into 1/2-inch pieces.
- ☐ Heat coconut milk mixture over low heat and gently stir in tapioca and bananas. Cook pudding, stirring (be careful not to break up bananas), until thickened slightly and bananas are heated through, about 5 minutes, and cool. Divide pudding among 6 ramekins and chill, covered, until cold.
- ☐ Garnish pudding with crystallized ginger.

## Nutrition Facts



## Properties

Glycemic Index:33.76, Glycemic Load:15.71, Inflammation Score:-2, Nutrition Score:6.5404348567776%

## 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: 270.95kcal (13.55%), Fat: 15.97g (24.58%), Saturated Fat: 14.02g (87.65%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 30.96g (11.26%), Sugar: 24.35g (27.06%), Cholesterol: 0mg (0%), Sodium: 11.4mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Manganese: 0.77mg (38.4%), Fiber: 3.01g (12.03%), Vitamin B6: 0.24mg (11.93%), Copper: 0.22mg (11.16%), Potassium: 385.64mg (11.02%), Magnesium:

40.43mg (10.11%), Vitamin C: 6.99mg (8.47%), Phosphorus: 79.27mg (7.93%), Iron: 1.28mg (7.09%), Selenium: 4.77µg (6.82%), Folate: 22.47µg (5.62%), Vitamin B3: 0.9mg (4.48%), Zinc: 0.54mg (3.57%), Vitamin B5: 0.32mg (3.21%), Vitamin B2: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.37%), Calcium: 14.06mg (1.41%), Vitamin E: 0.16mg (1.05%)