



Banana-Coconut Ramen Pudding

READY IN



160 min.

SERVINGS



8

CALORIES



507 kcal

DESSERT

Ingredients

- 1.5 teaspoons almond extract
- 2 Tablespoons almonds sliced
- 0.3 teaspoon anise seed crushed
- 2 bananas thinly sliced
- 14 ounce coconut milk canned
- 0.3 cup coconut or shredded
- 0.3 cup crystallized ginger chopped
- 2 large eggs
- 0.5 cup golden raisins

- 0.3 teaspoon ground cardamom
- 9 ounce japanese ramen noodles
- 8 servings salt
- 0.5 cup cup heavy whipping cream sour
- 0.7 cup sugar
- 4 tablespoons butter unsalted melted plus more for greasing

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 350 degrees.
- Place the noodles in a bowl, cover with hot tap water and soak, flipping once, for 10 minutes; the noodles should pull apart easily.
- Drain well; toss with the melted butter.
- Whisk the eggs, sugar, coconut milk, sour cream, almond extract, cardamom, anise seed and a pinch of salt in a large bowl. Stir in the noodles, raisins and ginger until combined.
- Butter an 8-inch square baking dish; spread out the bananas in a layer, then pour the noodle mixture on top.
- Sprinkle with coconut and almonds.
- Bake until golden brown and set, about 1 hour 10 minutes.
- Let cool for at least 1 hour before slicing.
- Photograph by Yunhee Kim

Nutrition Facts



PROTEIN 5.89% FAT 49.29% CARBS 44.82%

Properties

Glycemic Index:32.32, Glycemic Load:27.98, Inflammation Score:-4, Nutrition Score:11.625652074814%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 507.42kcal (25.37%), Fat: 28.74g (44.21%), Saturated Fat: 19.2g (120.01%), Carbohydrates: 58.8g (19.6%), Net Carbohydrates: 55.28g (20.1%), Sugar: 31.97g (35.52%), Cholesterol: 70.03mg (23.34%), Sodium: 876.38mg (38.1%), Alcohol: 0.26g (100%), Alcohol %: 0.18% (100%), Protein: 7.72g (15.45%), Manganese: 0.84mg (42.21%), Vitamin B1: 0.37mg (24.42%), Selenium: 11.52µg (16.46%), Phosphorus: 157.11mg (15.71%), Iron: 2.76mg (15.32%), Copper: 0.3mg (14.77%), Folate: 58.85µg (14.71%), Fiber: 3.52g (14.07%), Vitamin B2: 0.24mg (14.02%), Potassium: 427.99mg (12.23%), Magnesium: 47.8mg (11.95%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.59mg (10.6%), Vitamin B3: 2.12mg (10.58%), Vitamin A: 354.91IU (7.1%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.56mg (5.58%), Vitamin C: 4.58mg (5.55%), Calcium: 54.75mg (5.48%), Vitamin B12: 0.23µg (3.88%), Vitamin K: 3.08µg (2.93%), Vitamin D: 0.35µg (2.37%)