



Banana-maple towers

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp butter
- ☐ 1 large banana
- ☐ 2 medium eggs
- ☐ 1 tsp vanilla extract
- ☐ 50 g breadcrumbs fresh
- ☐ 25 g brown sugar
- ☐ 50 g golden raisins
- ☐ 4 tbsp maple syrup

- ☐ 4 tsp crème fraîche
- ☐ 4 servings nutmeg grated

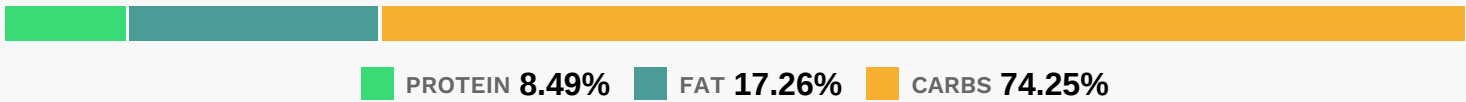
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to fan 180C/conventional 200C/gas 6 and grease four 150ml dariole moulds or heatproof teacups with the butter this will help you turn out the puddings and add a touch more flavour.
- ☐ Mash the banana in a mixing bowl, using a fork. Beat in the eggs and vanilla extract, then stir in the breadcrumbs, sugar, milk and sultanas.
- ☐ Spoon the mixture evenly into the moulds or teacups. Arrange them in a small roasting dish, and then pour in enough hot water to reach about halfway up their sides.
- ☐ Bake uncovered, for 35 minutes, until set. Cool for a few moments, then turn out onto small serving plates.
- ☐ Drizzle a tablespoon of maple syrup over each pudding, then finish with a teaspoon of crme frache and a sprinkle of freshly grated nutmeg, if you like.

Nutrition Facts



Properties

Glycemic Index:66.99, Glycemic Load:14.43, Inflammation Score:-3, Nutrition Score:8.9626087624094%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 252.52kcal (12.63%), Fat: 4.93g (7.59%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 45.4g (16.51%), Sugar: 31.29g (34.77%), Cholesterol: 85.54mg (28.51%), Sodium: 133.8mg

(5.82%), Alcohol: 0.36g (100%), Alcohol %: 0.4% (100%), Protein: 5.46g (10.93%), Manganese: 0.78mg (38.81%), Vitamin B2: 0.46mg (27.22%), Selenium: 10.59µg (15.13%), Vitamin B6: 0.23mg (11.27%), Vitamin B1: 0.16mg (10.82%), Potassium: 336.85mg (9.62%), Fiber: 2.36g (9.45%), Phosphorus: 93.8mg (9.38%), Folate: 32.73µg (8.18%), Iron: 1.43mg (7.96%), Calcium: 78.49mg (7.85%), Magnesium: 30.53mg (7.63%), Copper: 0.14mg (7.23%), Vitamin B3: 1.27mg (6.36%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.76mg (5.04%), Vitamin C: 3.45mg (4.19%), Vitamin B12: 0.25µg (4.15%), Vitamin A: 183.14IU (3.66%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.32mg (2.13%), Vitamin K: 1.6µg (1.53%)