

Banana Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



372 kcal

DESSERT

Ingredients

- ☐ 3 cups banana divided ripe sliced
- ☐ 4 large egg whites at room temperature ()
- ☐ 2 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned

- ☐ 2 teaspoons vanilla extract
- ☐ 45 vanilla wafers divided reduced-fat

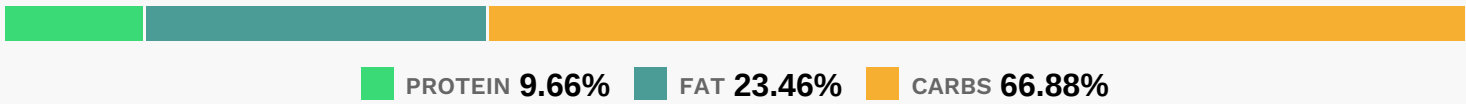
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Combine flour and salt in a medium saucepan. Gradually add milks and yolks; stir well. Cook over medium heat 8 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Arrange 1 cup banana slices in bottom of a 2-quart baking dish. Spoon one-third of pudding mixture over banana. Arrange 15 wafers on top of pudding. Repeat layers twice, arranging the last 15 wafers around edge of dish. Push cookies into pudding.
- ☐ Beat egg whites at high speed of a mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Spread meringue evenly over pudding, sealing to edge of dish.
- ☐ Bake at 325 for 25 minutes or until golden.
- ☐ Note: Banana Pudding may be a bit soupy when you first remove it from the oven.
- ☐ Let cool at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:38.85, Inflammation Score:-4, Nutrition Score:9.4465217953143%

Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 372.1kcal (18.6%), Fat: 9.84g (15.14%), Saturated Fat: 4.43g (27.72%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 61.47g (22.35%), Sugar: 43.75g (48.62%), Cholesterol: 53.43mg (17.81%), Sodium: 210.03mg (9.13%), Alcohol: 0.28g (100%), Alcohol %: 0.18% (100%), Protein: 9.11g (18.23%), Vitamin B2: 0.44mg (25.93%), Phosphorus: 202.21mg (20.22%), Calcium: 195.38mg (19.54%), Selenium: 13.55µg (19.36%), Vitamin B1: 0.24mg (15.73%), Potassium: 455.8mg (13.02%), Folate: 51.42µg (12.86%), Vitamin B6: 0.24mg (11.77%), Vitamin B12: 0.61µg (10.21%), Vitamin B5: 0.81mg (8.06%), Magnesium: 32.18mg (8.05%), Manganese: 0.16mg (7.97%), Vitamin B3: 1.42mg (7.08%), Fiber: 1.66g (6.64%), Vitamin D: 0.91µg (6.08%), Vitamin C: 4.95mg (6%), Vitamin A: 299.44IU (5.99%), Zinc: 0.81mg (5.38%), Iron: 0.49mg (2.74%), Copper: 0.05mg (2.71%), Vitamin E: 0.21mg (1.4%)