



## Banana Pudding

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



784 kcal

DESSERT

### Ingredients

- 2 bananas peeled sliced
- 2 tablespoons butter softened
- 3 eggs beaten
- 0.3 cup flour all-purpose
- 2 cups milk
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 12 ounce vanilla wafers

0.7 cup sugar white

## Equipment

sauce pan

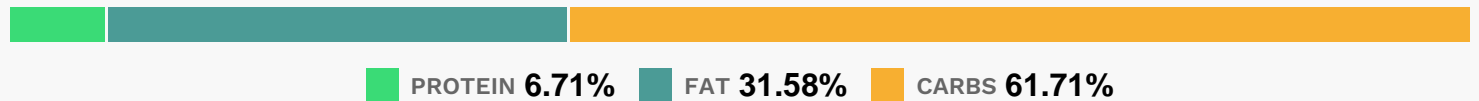
## Directions

In medium saucepan combine sugar, flour, and salt.

Add eggs and stir well. Stir in milk, and cook over low heat, stirring constantly. When mixture begins to thicken, remove from heat and continue to stir, cooling slightly. Stir in vanilla and butter until smooth.

Layer pudding with bananas and vanilla wafers in a serving dish. Chill at least one hour in refrigerator before serving.

## Nutrition Facts



## Properties

Glycemic Index:91.22, Glycemic Load:84.67, Inflammation Score:-5, Nutrition Score:14.610000164612%

## 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: 783.7kcal (39.19%), Fat: 27.92g (42.96%), Saturated Fat: 11.83g (73.94%), Carbohydrates: 122.77g (40.92%), Net Carbohydrates: 119.77g (43.55%), Sugar: 73.43g (81.58%), Cholesterol: 153.3mg (51.1%), Sodium: 626.64mg (27.25%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 13.34g (26.68%), Vitamin B2: 0.62mg (36.38%), Vitamin B1: 0.54mg (35.95%), Folate: 121.43µg (30.36%), Phosphorus: 250.22mg (25.02%), Selenium: 16.84µg (24.06%), Vitamin B6: 0.35mg (17.6%), Calcium: 175.21mg (17.52%), Vitamin B3: 3.38mg (16.88%), Vitamin B12: 0.96µg (16.07%), Potassium: 525.46mg (15.01%), Vitamin D: 2µg (13.35%), Manganese: 0.25mg (12.37%), Vitamin B5: 1.21mg (12.12%), Fiber: 3.01g (12.02%), Vitamin A: 588.53IU (11.77%), Magnesium: 37.03mg (9.26%), Zinc: 1.1mg (7.32%), Iron: 1.23mg (6.86%), Vitamin C: 5.13mg (6.22%), Copper: 0.09mg (4.44%), Vitamin E: 0.64mg (4.23%), Vitamin K: 1.28µg (1.22%)