



Banana Pudding

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 3 cups bananas ripe sliced
- ☐ 4 egg whites
- ☐ 2 egg yolks lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 14 oz condensed milk fat-free sweetened canned

- ☐ 2 teaspoons vanilla extract
- ☐ 48 vanilla wafers reduced-fat

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325
- ☐ Combine flour and salt in a medium saucepan. Gradually stir in 1% milk, sweetened condensed milk, and yolks, and cook over medium heat, stirring constantly, 8 to 10 minutes or until thickened.
- ☐ Remove from heat; stir in vanilla.
- ☐ Layer 3 banana slices, 3 1/2 Tbsp. pudding, and 3 vanilla wafers in each of 8 (1-cup) ramekins or ovenproof glass dishes. Top each with 6 banana slices, 3 1/2 Tbsp. pudding, and 3 vanilla wafers.
- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- ☐ Spread about 1/2 cup meringue over each pudding.
- ☐ Bake at 325 for 15 to 20 minutes or until golden.
- ☐ Let cool 30 minutes.
- ☐ Note: An 8-inch square baking dish may be substituted for glass dishes. Arrange 1 cup bananas on bottom of dish. Top with one-third pudding mixture and 16 vanilla wafers. Repeat layers twice, ending with pudding. Arrange remaining 16 wafers around inside edge of dish, gently pressing wafers into pudding.
- ☐ Spread meringue over pudding, sealing edges; bake 20 to 25 minutes; cool as directed.

Nutrition Facts



 **PROTEIN 9.42%**  **FAT 23.8%**  **CARBS 66.78%**

Properties

Glycemic Index:42.23, Glycemic Load:49.8, Inflammation Score:-4, Nutrition Score:11.893043515475%

Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 475.54kcal (23.78%), Fat: 12.76g (19.62%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 80.55g (26.85%), Net Carbohydrates: 78.45g (28.53%), Sugar: 55.4g (61.55%), Cholesterol: 69.52mg (23.17%), Sodium: 269.21mg (11.7%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 11.36g (22.72%), Vitamin B2: 0.55mg (32.41%), Phosphorus: 254.46mg (25.45%), Calcium: 244.45mg (24.44%), Selenium: 16.78µg (23.97%), Vitamin B1: 0.3mg (20.32%), Folate: 66.56µg (16.64%), Potassium: 569.47mg (16.27%), Vitamin B6: 0.29mg (14.75%), Vitamin B12: 0.77µg (12.82%), Vitamin B5: 1.01mg (10.12%), Magnesium: 40.08mg (10.02%), Manganese: 0.2mg (9.96%), Vitamin B3: 1.83mg (9.13%), Fiber: 2.11g (8.43%), Vitamin D: 1.15µg (7.69%), Vitamin A: 377.9IU (7.56%), Vitamin C: 6.18mg (7.5%), Zinc: 1.01mg (6.76%), Iron: 0.62mg (3.45%), Copper: 0.07mg (3.38%), Vitamin E: 0.27mg (1.8%)