



Banana Pudding

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 5 bananas ripe sliced
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 8 servings pudding
- ☐ 0.3 cup sugar

- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 12 oz vanilla wafers
- ☐ 8 servings meringue
- ☐ 8 servings meringue

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Prepare Pudding: Preheat oven to 32
- ☐ Arrange one-third of vanilla wafers in a medium-size ovenproof bowl (about 2 qt.); cover with one-third of banana slices. Repeat layers twice with remaining vanilla wafers and bananas.
- ☐ Whisk together milk and next 4 ingredients in a heavy saucepan. Cook over medium-low heat, whisking constantly, 15 minutes or until pudding-like thickness.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Pour over vanilla wafers and bananas in bowl.
- ☐ Prepare Meringue: Beat egg whites at medium speed with an electric mixer until foamy. Gradually add sugar, beating until sugar dissolves and stiff peaks form.
- ☐ Spread meringue over pudding, sealing to edge of bowl.
- ☐ Bake at 325 for 15 minutes or until golden.
- ☐ Serve immediately, or let cool completely (about 30 minutes), and cover and chill 1 hour before serving.
- ☐ **1/2 cup no-calorie sweetener may be substituted. We tested with Splenda No-calorie Granulated Sweetener. (Do not substitute sweetener in meringue.)

Nutrition Facts



 **PROTEIN 8.21%**  **FAT 23.74%**  **CARBS 68.05%**

Properties

Glycemic Index:48.12, Glycemic Load:48.69, Inflammation Score:-3, Nutrition Score:11.201304308746%

Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg 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: 533.15kcal (26.66%), Fat: 14.26g (21.94%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 92g (30.67%), Net Carbohydrates: 87.6g (31.85%), Sugar: 58.87g (65.41%), Cholesterol: 80.65mg (26.88%), Sodium: 259.68mg (11.29%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 11.09g (22.19%), Vitamin B2: 0.61mg (36.05%), Calcium: 239.23mg (23.92%), Vitamin B1: 0.29mg (19.26%), Folate: 72.01µg (18%), Fiber: 4.4g (17.61%), Vitamin B6: 0.33mg (16.72%), Selenium: 9.8µg (14.01%), Vitamin D: 1.97µg (13.15%), Phosphorus: 129.35mg (12.93%), Manganese: 0.24mg (12.17%), Potassium: 423.27mg (12.09%), Vitamin B12: 0.66µg (10.98%), Vitamin B3: 1.98mg (9.91%), Vitamin C: 6.42mg (7.78%), Magnesium: 29.98mg (7.5%), Vitamin B5: 0.72mg (7.2%), Vitamin A: 243.35IU (4.87%), Copper: 0.07mg (3.75%), Zinc: 0.56mg (3.72%), Iron: 0.64mg (3.54%), Vitamin E: 0.28mg (1.88%)