



Banana Pudding Ice Cream

 Vegetarian

READY IN



560 min.

SERVINGS



20

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 3 medium size bananas ripe
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup half-and-half
- ☐ 2 tablespoons brown sugar light
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup granular sweetener for ice cream*
- ☐ 1.5 teaspoons vanilla bean paste
- ☐ 0.5 cup coarsely vanilla wafers crushed

Equipment

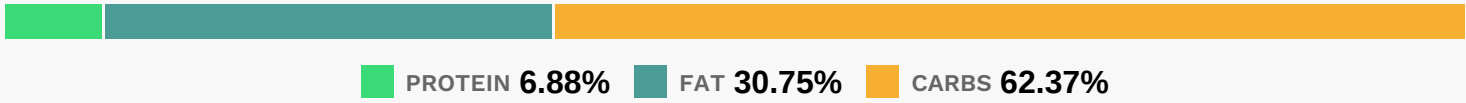
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Peel bananas, and cut into 1/2-inch slices.
- ☐ Place in a 2-qt. baking dish, and sprinkle with light brown sugar and butter.
- ☐ Bake 20 minutes, stirring halfway through.
- ☐ Let cool 30 minutes. Gently mash into chunks.
- ☐ Whisk together granular sweetener, cornstarch, and salt in a large heavy saucepan. Gradually whisk in milk and half-and-half. Cook over medium heat, stirring constantly, 8 to 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Whisk in vanilla.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids. Cool 1 hour, stirring occasionally.
- ☐ Place plastic wrap directly on cream mixture; chill 8 to 24 hours.

- ☐
- Pour mixture into freezer container of a 1 1/2–qt. electric ice–cream maker, and freeze according to manufacturer's instructions; stir in bananas and crushed vanilla wafers halfway through freezing.
- ☐
- Let stand at room temperature 5 to 10 minutes before serving.
- ☐
- *Granulated sugar may be substituted.
- ☐
- Note: We tested with Whey Low 100% All Natural Granular Sweetener for Ice Cream. Get 20% off any time you order from wheylow.com. Coupon code: Southrn
- ☐
- Lvg

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:2.150869541842%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.13kcal (3.66%), Fat: 3.2g (4.93%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 10.55g (3.83%), Sugar: 7.3g (8.12%), Cholesterol: 17.38mg (5.79%), Sodium: 49.58mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B2: 0.09mg (5.37%), Calcium: 44.5mg (4.45%), Phosphorus: 42.09mg (4.21%), Vitamin B6: 0.08mg (4.18%), Potassium: 117.46mg (3.36%), Vitamin B12: 0.17µg (2.78%), Manganese: 0.05mg (2.65%), Selenium: 1.7µg (2.43%), Folate: 8.85µg (2.21%), Magnesium: 8.78mg (2.19%), Vitamin A: 108.71IU (2.17%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.21mg (2.07%), Vitamin C: 1.7mg (2.06%), Fiber: 0.51g (2.02%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.23mg (1.13%)