



Banana Pudding Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



652 kcal

DESSERT

Ingredients

- ☐ 6 bananas ripe sliced
- ☐ 0.3 cup bourbon
- ☐ 8 egg yolks
- ☐ 0.8 cup flour all-purpose
- ☐ 4 cups milk
- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons rum
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 8.4 ounce toffee candy bars english crushed
- ☐ 1 tablespoon vanilla extract
- ☐ 12 ounce vanilla wafers
- ☐ 2 cups whipping cream

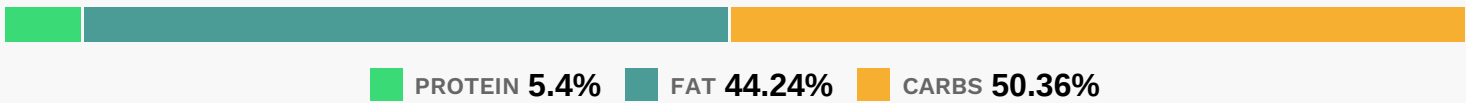
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a large heavy saucepan; whisk in milk. Bring to a boil over medium heat, whisking constantly.
- ☐ Remove mixture from heat.
- ☐ Beat egg yolks until thick and pale. Gradually stir about one-fourth of hot mixture into yolks; add to the remaining hot mixture, stirring constantly. Cook, stirring constantly, 1 minute. Stir in vanilla.
- ☐ Layer one-third of wafers in the bottom of a 4-quart baking dish. Stir together bourbon and rum; brush over wafers. Top with one-third of banana. Spoon one-third of custard over banana, and sprinkle with 1/3 cup crushed candy bar. Repeat procedure twice.
- ☐ Beat whipping cream at medium speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Spread whipped cream over trifle, and sprinkle with remaining crushed candy bar. Cover and chill 3 hours.
- ☐ Note: We used Skor candy bars.

Nutrition Facts



Properties

Glycemic Index:28.74, Glycemic Load:43.45, Inflammation Score:-6, Nutrition Score:11.335652325464%

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: 651.59kcal (32.58%), Fat: 31.84g (48.98%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 81.55g (27.18%), Net Carbohydrates: 78.95g (28.71%), Sugar: 56.93g (63.26%), Cholesterol: 189.03mg (63.01%), Sodium: 328.66mg (14.29%), Alcohol: 2.88g (100%), Alcohol %: 1.3% (100%), Protein: 8.75g (17.5%), Vitamin B2: 0.4mg (23.7%), Phosphorus: 185.64mg (18.56%), Vitamin A: 925.66IU (18.51%), Selenium: 12.84µg (18.34%), Vitamin B1: 0.27mg (18.26%), Folate: 70.15µg (17.54%), Vitamin B6: 0.33mg (16.29%), Calcium: 147.23mg (14.72%), Vitamin D: 2.18µg (14.52%), Vitamin B12: 0.74µg (12.28%), Potassium: 418.4mg (11.95%), Manganese: 0.23mg (11.39%), Fiber: 2.6g (10.42%), Vitamin B5: 1mg (9.95%), Vitamin B3: 1.71mg (8.55%), Magnesium: 30.92mg (7.73%), Vitamin C: 5.37mg (6.51%), Zinc: 0.85mg (5.7%), Vitamin E: 0.78mg (5.19%), Iron: 0.9mg (5%), Copper: 0.08mg (3.79%), Vitamin K: 1.92µg (1.82%)