



Banana Pudding with Chocolate Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 2 large bananas ripe cut into 1-inch pieces
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup semi chocolate chips
- ☐ 14 ounce silken tofu
- ☐ 0.3 cup soy milk
- ☐ 3 tablespoons water cold

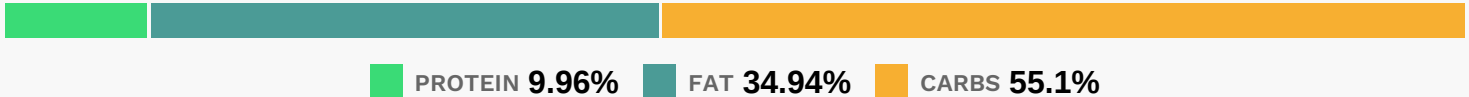
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ blender
- ☐ microwave

Directions

- ☐ Lightly coat four 6-ounce custard cups with vegetable spray; set aside.
- ☐ Place the water in a small nonmetal bowl and sprinkle in the gelatin; set aside.
- ☐ Place the tofu, banana, honey, and lemon juice in the bowl of a food processor or blender; puree until smooth.
- ☐ Place the bowl containing the gelatin in a microwave and cook for 30 seconds; stir until dissolved.
- ☐ Add to the banana puree and pulse to combine.
- ☐ Pour into the custard cups. Chill until set, about 1 1/2 hours.
- ☐ Place the chocolate chips in the bowl of a food processor or blender and pulse to chop. In a small saucepan, bring the soy milk to a boil.
- ☐ Pour the hot soy milk over the chocolate and pulse until smooth. Using a paring knife, loosen the edge of each pudding from its cup. Unmold into bowls.
- ☐ Drizzle some warm chocolate sauce over each pudding.

Nutrition Facts



Properties

Glycemic Index:35.12, Glycemic Load:16.83, Inflammation Score:-5, Nutrition Score:11.428695818652%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 368.74kcal (18.44%), Fat: 14.8g (22.77%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 48.1g (17.49%), Sugar: 38.6g (42.88%), Cholesterol: 1.8mg (0.6%), Sodium: 23.35mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 9.49g (18.99%), Copper: 0.7mg (35.24%), Manganese: 0.6mg (30.02%), Magnesium: 101.08mg (25.27%), Potassium: 635.03mg (18.14%), Fiber: 4.4g (17.6%), Iron: 3.09mg (17.19%), Vitamin B6: 0.32mg (16.17%), Phosphorus: 156.31mg (15.63%), Vitamin C: 8.89mg (10.77%), Zinc: 1.51mg (10.08%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.16mg (9.16%), Vitamin B3: 1.68mg (8.4%), Calcium: 83.09mg (8.31%), Selenium: 4.52µg (6.45%), Folate: 21.59µg (5.4%), Vitamin E: 0.75mg (4.97%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.34mg (3.39%), Vitamin A: 136.04IU (2.72%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.24µg (1.57%)