



Banana Tapioca Brulee

 Vegetarian  Gluten Free

READY IN



143 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 2 medium bananas sliced
- 2 Tbsp brown sugar
- 1 eggs
- 0.3 cup granulated sugar
- 2.8 cups milk
- 3 Tbsp minute tapioca
- 1 tsp vanilla

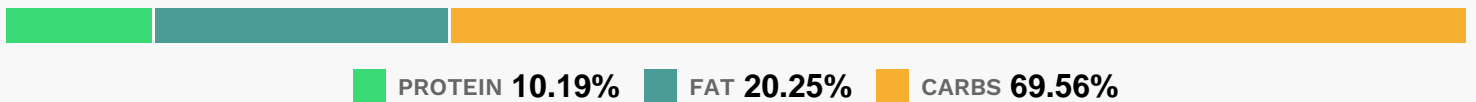
Equipment

- sauce pan
- whisk
- plastic wrap
- baking pan
- broiler

Directions

- Beat egg and milk with wire whisk in medium saucepan until well blended.
- Add granulated sugar and tapioca; stir until well blended.
- Let stand 5 min.
- Bring to full rolling boil on medium heat, stirring constantly.
- Remove from heat; stir in vanilla.
- Pour into shallow 1-qt. baking dish. Cover with plastic wrap, placing wrap directly on surface of pudding. Refrigerate 2 hours or until completely cooled. (Pudding thickens as it cools.)
- Preheat broiler just before serving. Uncover pudding. Arrange banana slices in single layer over pudding.
- Sprinkle evenly with brown sugar. Broil, 3 inches from heat, 2 to 3 min, or until sugar is melted and caramelized.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:14.09, Inflammation Score:-3, Nutrition Score:6.1069565182147%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.59kcal (9.63%), Fat: 4.44g (6.83%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 33.3g (12.11%), Sugar: 25.26g (28.07%), Cholesterol: 40.7mg (13.57%), Sodium: 54.6mg (2.37%),

Alcohol: 0.24g (100%), Alcohol %: 0.17% (100%), Protein: 5.03g (10.05%), Calcium: 147.14mg (14.71%), Phosphorus: 136.33mg (13.63%), Vitamin B2: 0.22mg (12.9%), Vitamin B6: 0.23mg (11.34%), Vitamin B12: 0.67µg (11.15%), Potassium: 325.26mg (9.29%), Vitamin D: 1.38µg (9.18%), Selenium: 4.88µg (6.98%), Vitamin B5: 0.67mg (6.66%), Magnesium: 25.36mg (6.34%), Manganese: 0.12mg (5.87%), Vitamin B1: 0.08mg (5.19%), Vitamin A: 245.94IU (4.92%), Vitamin C: 3.42mg (4.15%), Zinc: 0.62mg (4.1%), Fiber: 1.02g (4.09%), Folate: 11.35µg (2.84%), Copper: 0.04mg (2.01%), Vitamin B3: 0.39mg (1.96%), Iron: 0.27mg (1.47%), Vitamin E: 0.17mg (1.15%)