

# Bananas Foster Cinnamon Rolls Bread Pudding

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



126 kcal

DESSERT

## Ingredients

- 0.5 medium banana ripe sliced
- 3 tablespoons mrs richardson's butterscotch caramel sauce
- 2 cinnamon bun dough with icing (from 12.4-oz can)
- 1 eggs
- 0.3 teaspoon rum extract

## Equipment

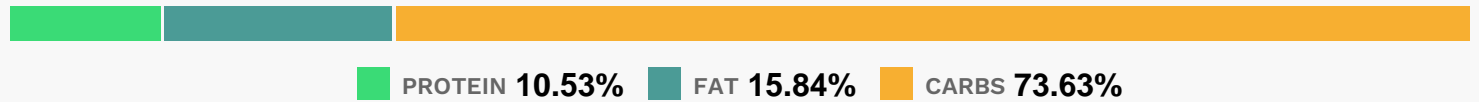
- bowl

- oven
- knife
- spatula

## Directions

- Heat oven to 350F.
- In small bowl, beat egg slightly. Stir in 2 tablespoons of the caramel topping and the rum extract.
- Cut baked rolls into 1-inch cubes.
- Add to egg mixture; stir to coat.
- Let stand 5 minutes. Divide mixture between 2 generously greased or sprayed 6-oz custard cups.
- Bake 15 to 20 minutes or until set. With knife or metal spatula, loosen edges of each pudding; slide onto dessert plate. Top with banana slices; drizzle with remaining 1 tablespoon caramel topping.

## Nutrition Facts



## Properties

Glycemic Index:56.89, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:3.630434765116%

## Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 125.99kcal (6.3%), Fat: 2.34g (3.6%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 23.72g (8.62%), Sugar: 21g (23.33%), Cholesterol: 81.84mg (27.28%), Sodium: 141.01mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Selenium: 7.44µg (10.63%), Vitamin B6: 0.15mg (7.28%), Vitamin B2: 0.12mg (7.18%), Phosphorus: 61.75mg (6.18%), Manganese: 0.1mg (5.04%), Vitamin B5: 0.48mg (4.83%), Potassium: 155.77mg (4.45%), Folate: 16.84µg (4.21%), Vitamin B12: 0.25µg (4.16%), Vitamin C: 2.72mg (3.29%), Vitamin A: 164.68IU (3.29%), Fiber: 0.77g (3.07%), Magnesium: 12.1mg (3.03%), Vitamin D: 0.44µg (2.93%),

Calcium: 28.5mg (2.85%), Iron: 0.48mg (2.65%), Zinc: 0.33mg (2.19%), Copper: 0.04mg (1.94%), Vitamin E: 0.28mg (1.84%), Vitamin B1: 0.02mg (1.2%), Vitamin B3: 0.21mg (1.06%)