



Bananas Foster Pudding

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 1 cup banana liqueur
- ☐ 6 bananas sliced
- ☐ 1 pound bread crumbled
- ☐ 1.5 cups brown sugar
- ☐ 0.5 cup butter
- ☐ 3 eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 cups heavy cream

- ☐ 1.5 cups milk
- ☐ 1 cup pecans chopped
- ☐ 1 dash vanilla extract

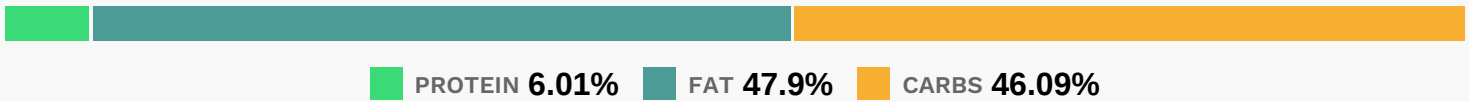
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl, cream together butter and sugar. Beat in eggs. Blend in bread, cream, milk, banana liqueur, cinnamon and vanilla. Fold in nuts and banana slices.
- ☐ Pour into a 9x13 inch baking dish.
- ☐ Bake in preheated oven 90 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:13.53, Glycemic Load:12.57, Inflammation Score:-6, Nutrition Score:10.697826105615%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 474.94kcal (23.75%), Fat: 24.35g (37.46%), Saturated Fat: 11.84g (74.01%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 49.64g (18.05%), Sugar: 35.05g (38.95%), Cholesterol: 82.3mg (27.43%), Sodium: 214.39mg

(9.32%), Alcohol: 3.74g (100%), Alcohol %: 2.59% (100%), Protein: 6.87g (13.74%), Manganese: 0.82mg (41.22%), Selenium: 13.05µg (18.65%), Vitamin A: 729.64IU (14.59%), Vitamin B2: 0.24mg (14.14%), Vitamin B1: 0.2mg (13.18%), Vitamin B6: 0.26mg (12.78%), Phosphorus: 124.56mg (12.46%), Fiber: 3.07g (12.28%), Calcium: 116.14mg (11.61%), Vitamin B3: 2.04mg (10.18%), Folate: 39.95µg (9.99%), Magnesium: 39.78mg (9.95%), Potassium: 330.5mg (9.44%), Iron: 1.65mg (9.17%), Copper: 0.18mg (8.91%), Vitamin B5: 0.76mg (7.63%), Zinc: 0.96mg (6.39%), Vitamin D: 0.89µg (5.95%), Vitamin C: 4.17mg (5.05%), Vitamin E: 0.74mg (4.9%), Vitamin B12: 0.26µg (4.28%), Vitamin K: 3.47µg (3.3%)