



Bobby's Light Banana Pudding

 Vegetarian

READY IN



745 min.

SERVINGS



10

CALORIES



282 kcal

DESSERT

Ingredients

- 2 cups percent milk low-fat
- 3 medium bananas sliced
- 2 tablespoons cornstarch
- 0.3 cup heavy whipping cream
- 0.3 cup sugar
- 2 tablespoons butter unsalted
- 1 tablespoon vanilla extract pure
- 12 ounce one-half box vanilla wafers

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- hand mixer

Directions

- Watch how to make this recipe.
- Combine the milk and butter in a medium saucepan over medium-low heat, stirring gently to melt the butter.
- Mix together 5 tablespoons of sugar and the cornstarch in a small bowl.
- Add 2 tablespoons water and mix to create a paste, and then whisk into the milk mixture. Raise the heat to medium and cook, stirring, until thick and bubbly, 7 to 10 minutes.
- Remove from the heat and stir in the vanilla extract.
- Transfer to a bowl, cover with plastic wrap (make sure the plastic is touching the pudding to prevent a skin from forming) and refrigerate for at least 4 hours.
- Combine the whipping cream with the remaining 1 tablespoon sugar in a bowl. Beat with an electric mixer until stiff peaks form. Set aside.
- Create a layer of wafers on the bottom of an 8- by 8-inch dish, and then add a layer of bananas and a layer of pudding. Repeat to make a second layers. Top with whipped cream. Cover and refrigerate for 8 hours or overnight before serving.

Nutrition Facts



PROTEIN 4.92% **FAT 36.07%** **CARBS 59.01%**

Properties

Glycemic Index:20.19, Glycemic Load:26.19, Inflammation Score:-3, Nutrition Score:4.6608695672906%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg 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: 281.67kcal (14.08%), Fat: 11.41g (17.55%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 40.57g (14.75%), Sugar: 22.79g (25.32%), Cholesterol: 16.86mg (5.62%), Sodium: 161.52mg (7.02%), Alcohol: 0.45g (100%), Alcohol %: 0.43% (100%), Protein: 3.5g (7%), Vitamin B2: 0.21mg (12.1%), Vitamin B1: 0.17mg (11.58%), Folate: 39.7µg (9.92%), Vitamin B6: 0.15mg (7.52%), Phosphorus: 69.91mg (6.99%), Potassium: 229.78mg (6.57%), Calcium: 63.23mg (6.32%), Vitamin B3: 1.17mg (5.87%), Fiber: 1.41g (5.64%), Manganese: 0.11mg (5.32%), Vitamin A: 228.24IU (4.56%), Vitamin B12: 0.26µg (4.41%), Vitamin C: 3.21mg (3.89%), Magnesium: 15.43mg (3.86%), Vitamin B5: 0.31mg (3.05%), Selenium: 1.82µg (2.59%), Zinc: 0.3mg (2%), Copper: 0.03mg (1.68%), Vitamin E: 0.17mg (1.13%)