

DESSERT

Bread Pudding Sauce

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$0.70	316 kcal

Bread Pudding Sauce is a gluten free and fodmap friendly recipe with 5 servings. For 70 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. This dessert has 427 calories, 1g of protein, and 19g of fat per serving.

Ingredients

☐ ½ teaspoon banana extract

☐ 2 bananas, sliced

☐ ½ cup firmly packed brown sugar

☐ ½ cup butter

☐ ¼ cup dark rum

EQUIPMENT Sauce pan

Method

- 1 Combine butter, brown sugar, and remaining ingredients in a saucepan over medium-high heat, and cook, stirring occasionally, 5 minutes. (Do not boil.)
- 2 Remove from heat.

Nutrition per serving

316

KCAL

1 g

PROTEIN

19 g

FAT

32 g

CARBS

Saturated Fat	11.7 g · 73% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	27.1 g · 30% of daily needs
Sodium	153 mg · 7% of daily needs
Cholesterol	48.8 mg · 16% of daily needs
Vitamin C	4.1 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/bread-pudding-sauce-148620