



Caramel-Banana Bread Puddings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 3 medium bananas peeled thinly sliced
- ☐ 1.5 cups purchased caramel sauce
- ☐ 4 large eggs
- ☐ 1.5 cups half and half
- ☐ 0.3 teaspoon sea salt fine
- ☐ 2.5 tablespoons sugar divided
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup milk whole

Equipment

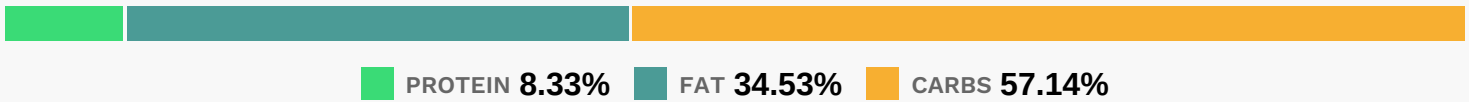
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Butter eight 3/4-cup ramekins.
- ☐ Mix caramel sauce and 1/4 teaspoon sea salt in small bowl. Spoon 1 generous tablespoon caramel into each ramekin.
- ☐ Place bread on rimmed baking sheet.
- ☐ Spread 1 generous tablespoon caramel over each bread slice. Broil until caramel is bubbling and slightly darker, watching to avoid burning, 1 to 2 minutes. Cool.
- ☐ Cut each bread slice into 6 squares, for 48 pieces total. Set 1 banana slice on each bread square. Arrange 6 banana-topped bread squares standing on edge, side by side in each prepared ramekin, fitting snugly.
- ☐ Whisk eggs, half and half, milk, 1 1/2 tablespoons sugar, vanilla, and 1/8 teaspoon sea salt in medium bowl.
- ☐ Pour enough custard into each ramekin to reach top.
- ☐ Let stand until bread absorbs some of custard, about 30 minutes. Reserve any remaining custard.
- ☐ Meanwhile, position rack in bottom third of oven and preheat to 400°F.
- ☐ Pour remaining custard into ramekins.

- ☐ Brush exposed bread pieces with melted butter.
- ☐ Sprinkle with 1 tablespoon sugar. Set ramekins in large roasting pan.
- ☐ Pour enough hot water into pan to come halfway up sides of ramekins.
- ☐ Bake puddings until set and knife inserted into custard comes out clean, about 45 minutes.
- ☐ Remove from pan; cool. DO AHEAD: Can be made 8 hours ahead. Cover and refrigerate.
- ☐ Serve bread puddings warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.36, Glycemic Load:7.69, Inflammation Score:-3, Nutrition Score:6.5291303966356%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 273.18kcal (13.66%), Fat: 10.92g (16.8%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 39.5g (14.36%), Sugar: 35.82g (39.8%), Cholesterol: 117.63mg (39.21%), Sodium: 285.12mg (12.4%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.93g (11.86%), Selenium: 10.37µg (14.82%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 130.01mg (13%), Vitamin B6: 0.23mg (11.7%), Calcium: 99.01mg (9.9%), Vitamin A: 466.02IU (9.32%), Potassium: 297.7mg (8.51%), Vitamin B5: 0.77mg (7.71%), Manganese: 0.15mg (7.51%), Vitamin B12: 0.45µg (7.43%), Magnesium: 22.96mg (5.74%), Folate: 22.91µg (5.73%), Vitamin C: 4.47mg (5.42%), Fiber: 1.15g (4.6%), Vitamin D: 0.66µg (4.43%), Zinc: 0.61mg (4.08%), Vitamin E: 0.53mg (3.52%), Iron: 0.58mg (3.22%), Copper: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.38mg (1.88%), Vitamin K: 1.16µg (1.11%)