



## Caramel-Banana Cream Pudding Cups

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



327 kcal

DESSERT

### Ingredients

- ☐ 2.3 cups bananas thinly sliced ( 3 medium)
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 large egg yolk lightly beaten
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 cup graham cracker crumbs
- ☐ 1 teaspoon butter light
- ☐ 3 tablespoons butter light melted
- ☐ 1 cup milk 1% low-fat

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2.3 cups non-dairy whipped topping fat-free frozen thawed

## Equipment

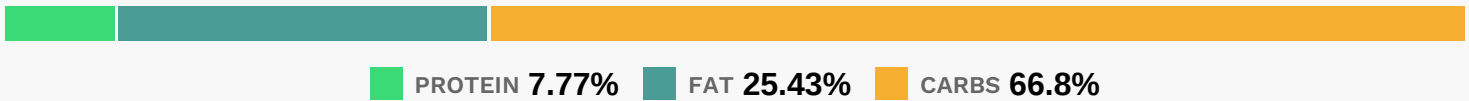
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 425
- ☐ Pour condensed milk into an 11- x 7- inch baking dish. Cover with foil.
- ☐ Place covered dish in a 13- x 9-inch baking dish; add hot water to dish to a depth of 1 inch.
- ☐ Bake at 425 for 45 to 55 minutes or until milk is caramel colored and about the consistency of unbeaten egg white (add hot water to 13-x 9-inch dish as needed).
- ☐ Remove 11-x 7-inch dish from hot water bath.
- ☐ Remove foil; set aside. Reduce oven temperature to 350
- ☐ Combine graham cracker crumbs, 1 tablespoon sugar, flour, and 3 tablespoons melted butter; stir well. Divide graham cracker mixture evenly between 9 (6- ounce) custard cups coated with cooking spray; press crumb mixture firmly into bottoms of cups.
- ☐ Place custard cups on a baking sheet; bake at 350 for 8 to 10 minutes or until lightly browned. Set aside; let cool.
- ☐ Layer banana slices evenly over graham cracker crust in custard cups. Spoon reserved caramel evenly over banana in each cup; set aside.

- ☐
- Combine 1/3 cup sugar, cornstarch, and salt in a medium sauce-pan; stir in milk. Bring to a boil over medium heat, stirring constantly. Cook, stirring constantly, 30 seconds or until thickened. Gradually add a small amount of hot milk mixture to egg yolk, stirring constantly with a whisk. Return egg mixture to pan; cook over medium-low heat, stirring constantly, 1 minute or until thick.
- ☐
- Remove from heat; stir in 1 teaspoon butter and vanilla.
- ☐
- Pour custard mixture evenly over caramel layer. Cover; chill 3 hours. Top each serving with 1/4 cup whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:30.16, Inflammation Score:-3, Nutrition Score:7.9182608956876%

## Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg 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: 326.81kcal (16.34%), Fat: 9.49g (14.6%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 54.67g (19.88%), Sugar: 43.78g (48.64%), Cholesterol: 45.23mg (15.08%), Sodium: 176.93mg (7.69%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 6.52g (13.04%), Vitamin B2: 0.4mg (23.75%), Calcium: 192.94mg (19.29%), Phosphorus: 188.24mg (18.82%), Selenium: 9.37µg (13.38%), Vitamin B12: 0.68µg (11.25%), Potassium: 383.11mg (10.95%), Vitamin B6: 0.22mg (10.78%), Vitamin B1: 0.12mg (8.18%), Magnesium: 32.26mg (8.07%), Vitamin A: 341.73IU (6.83%), Vitamin B5: 0.61mg (6.09%), Folate: 23.98µg (5.99%), Zinc: 0.88mg (5.9%), Fiber: 1.39g (5.57%), Manganese: 0.11mg (5.52%), Vitamin C: 4.41mg (5.34%), Vitamin B3: 0.82mg (4.11%), Iron: 0.71mg (3.96%), Vitamin D: 0.53µg (3.54%), Copper: 0.05mg (2.3%), Vitamin E: 0.26mg (1.74%)