



Caramelized Banana Pudding

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 4 large bananas ripe sliced
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 large eggs
- ☐ 4 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup granulated sugar divided
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 2 cups milk
- ☐ 2 teaspoons vanilla extract
- ☐ 48 vanilla wafers

Equipment

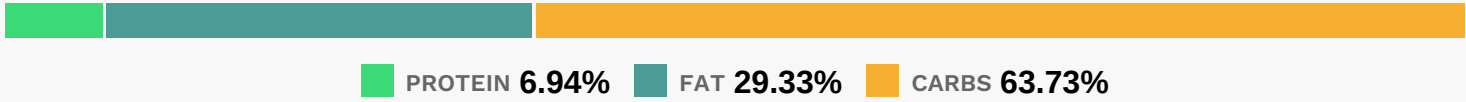
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Cook first 3 ingredients in a large skillet over medium heat, stirring constantly, 2 to 3 minutes or until bubbly.
- ☐ Add bananas; cook 2 to 3 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Whisk together 3/4 cup granulated sugar, next 3 ingredients, and 4 egg yolks in a heavy saucepan. Cook over medium-low heat, whisking constantly, 8 to 10 minutes or until a pudding-like thickness. (- ☐ Mixture will just begin to bubble and will hold soft peaks when whisk is lifted.)
- ☐ Remove from heat, and stir in vanilla.
- ☐ Divide half of banana mixture, pudding, and wafers among 8 (1-cup) ramekins or ovenproof glass dishes.
- ☐ Layer with remaining banana mixture, pudding, and vanilla wafers.
- ☐ Beat 4 egg whites at high speed with an electric mixer until foamy.
- ☐ Add remaining 1/4 cup granulated sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).

- ☐ Spread meringue over ramekins.
- ☐ Place ramekins on a baking sheet.
- ☐ Bake at 325 for 15 to 20 minutes or until meringue is golden.
- ☐ Let cool on a wire rack 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.23, Glycemic Load:48.81, Inflammation Score:-4, Nutrition Score:11.045217467391%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 538.42kcal (26.92%), Fat: 17.89g (27.53%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 87.48g (29.16%), Net Carbohydrates: 85.04g (30.92%), Sugar: 61.18g (67.98%), Cholesterol: 162.43mg (54.14%), Sodium: 271.74mg (11.81%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 9.52g (19.05%), Vitamin B2: 0.42mg (24.82%), Selenium: 15.51µg (22.15%), Folate: 72.79µg (18.2%), Vitamin B6: 0.36mg (17.95%), Vitamin B1: 0.26mg (17.52%), Phosphorus: 173.92mg (17.39%), Manganese: 0.26mg (12.75%), Potassium: 444.74mg (12.71%), Calcium: 114.31mg (11.43%), Vitamin B12: 0.68µg (11.25%), Vitamin B5: 1.08mg (10.79%), Vitamin A: 522.3IU (10.45%), Fiber: 2.45g (9.78%), Vitamin D: 1.42µg (9.47%), Vitamin B3: 1.81mg (9.06%), Magnesium: 32.86mg (8.22%), Vitamin C: 5.92mg (7.17%), Iron: 1.19mg (6.63%), Zinc: 0.89mg (5.92%), Copper: 0.1mg (4.86%), Vitamin E: 0.66mg (4.41%), Vitamin K: 1.17µg (1.11%)