



Creole Banana Bread Puddings with Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 2 cups bananas sliced
- ☐ 0.3 cup bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 0.3 cup caramel topping fat-free
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 cup granulated sugar

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 6 ounces bread french italian
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Combine first 3 ingredients in a small saucepan; cook over medium heat 4 minutes or until mixture is thick.
- ☐ Add bourbon; cook until mixture is reduced to 1/4 cup (about 5 minutes).
- ☐ Remove from heat.
- ☐ Add sliced bananas, and toss gently. Spoon banana mixture into a bowl; set aside.
- ☐ Combine milk and next 5 ingredients (through eggs) in a large bowl, stirring well with a whisk.
- ☐ Add bread; stir to combine. Divide bread mixture evenly among 6 (8-ounce) ramekins coated with cooking spray. Divide banana mixture evenly over bread mixture.
- ☐ Place ramekins on a small baking sheet. Cover and chill 30 minutes.
- ☐ Preheat oven to 37
- ☐ Uncover and bake at 375 for 25 minutes or until set.
- ☐ Drizzle caramel topping evenly over bread puddings.

Nutrition Facts



 **PROTEIN 10.03%**  **FAT 25.68%**  **CARBS 64.29%**

Properties

Glycemic Index:56.73, Glycemic Load:22.7, Inflammation Score:-5, Nutrition Score:9.3256520706674%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg 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: 327.32kcal (16.37%), Fat: 8.93g (13.74%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 48.37g (17.59%), Sugar: 31.38g (34.86%), Cholesterol: 110.21mg (36.74%), Sodium: 267.15mg (11.62%), Alcohol: 3.4g (100%), Alcohol %: 2.43% (100%), Protein: 7.85g (15.7%), Selenium: 17.3µg (24.71%), Vitamin B2: 0.32mg (18.88%), Vitamin B1: 0.24mg (16.06%), Manganese: 0.31mg (15.28%), Folate: 57.79µg (14.45%), Vitamin B6: 0.28mg (13.78%), Phosphorus: 121.37mg (12.14%), Iron: 1.76mg (9.78%), Vitamin B3: 1.76mg (8.8%), Potassium: 307.09mg (8.77%), Vitamin A: 418.15IU (8.36%), Fiber: 1.93g (7.73%), Vitamin B5: 0.77mg (7.71%), Calcium: 75.68mg (7.57%), Magnesium: 30.11mg (7.53%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.88µg (5.83%), Copper: 0.11mg (5.49%), Zinc: 0.81mg (5.41%), Vitamin C: 4.46mg (5.4%), Vitamin E: 0.53mg (3.51%)