



## Easy Banana Crème Brûlée

 Vegetarian  Dairy Free

READY IN



205 min.

SERVINGS



25

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large bananas thinly sliced
- 0.3 cup brown sugar packed
- 3 oz jell-o vanilla flavor cook & serve pudding
- 24 vanilla wafers coarsely chopped

### Equipment

- broiler

## Directions

- Spread wafer pieces onto bottom of shallow 1-1/2-qt. casserole; top with bananas.
- Cook pudding with 2 cups milk as directed on package; pour over bananas. Refrigerate several hours or until firm.
- Heat broiler when ready to serve dessert.
- Sprinkle sugar over pudding. Broil 3 to 5 min. or until sugar is melted and lightly browned.
- Serve immediately.

## Nutrition Facts

    
 **PROTEIN 2.45%**  **FAT 16.03%**  **CARBS 81.52%**

## Properties

Glycemic Index:5.27, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:0.73869564691963%

## Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 57.55kcal (2.88%), Fat: 1.05g (1.62%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.65g (4.24%), Sugar: 7.98g (8.87%), Cholesterol: 0.06mg (0.02%), Sodium: 45.48mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin B6: 0.04mg (2.04%), Vitamin B1: 0.03mg (1.84%), Folate: 7.27µg (1.82%), Manganese: 0.03mg (1.55%), Fiber: 0.38g (1.54%), Potassium: 47.4mg (1.35%), Vitamin B2: 0.02mg (1.27%), Vitamin C: 0.95mg (1.15%), Vitamin B3: 0.22mg (1.12%)