



Easy Banana Creme Brulee



Vegetarian



Popular

READY IN



38 min.

SERVINGS



10

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 2 large banana thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 cups chocolate graham cracker crumbs
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 pkg vanilla pudding french instant (4-serving)
- ☐ 2 cups milk

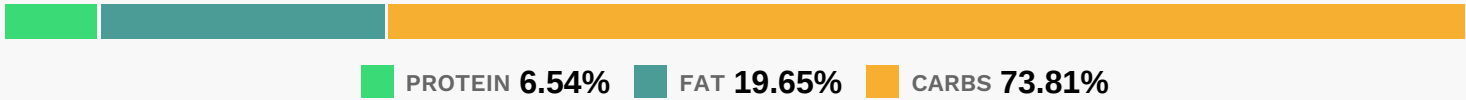
Equipment

- ☐ broiler

Directions

- ☐ Spread and press graham cracker crumbs onto bottom of shallow 1-1/2-qt. casserole; top with banana slices
- ☐ Prepare pudding with 2 cups milk as directed on package; pour over bananas. Refrigerate until firm, about 15 minutes.
- ☐ Heat broiler when ready to serve dessert.
- ☐ Sprinkle cinnamon and sugar over pudding. Broil 5 to 8 min. or until sugar is melted and lightly browned.
- ☐ Serve immediately.
- ☐ Garnish with a drizzle of chocolate syrup or dulce de leche

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:2.9417391341666%

Flavonoids

Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 169.61kcal (8.48%), Fat: 3.78g (5.82%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 31.16g (11.33%), Sugar: 21.96g (24.4%), Cholesterol: 5.86mg (1.95%), Sodium: 126.31mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Calcium: 67.43mg (6.74%), Vitamin B6: 0.13mg (6.6%), Phosphorus: 55.75mg (5.57%), Vitamin B2: 0.09mg (5.21%), Potassium: 180.24mg (5.15%), Manganese: 0.1mg (4.86%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.54µg (3.58%), Magnesium: 13.76mg (3.44%), Fiber: 0.82g (3.27%), Vitamin C: 2.37mg (2.87%), Vitamin B5: 0.28mg (2.8%), Vitamin B1: 0.04mg (2.39%), Selenium: 1.35µg (1.94%), Vitamin A: 96.76IU (1.94%), Zinc: 0.25mg (1.64%), Folate: 5.5µg (1.38%), Copper: 0.03mg (1.33%), Vitamin B3: 0.24mg (1.2%)