



Gingery Banana Pudding with Bourbon Cream

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 4 bananas divided ripe
- ☐ 5 tablespoons cornstarch
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 2 large egg yolks
- ☐ 12 gingersnaps divided crumbled
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 cups milk 1% low-fat divided
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients in a saucepan. Gradually whisk in 3 cups milk.
- ☐ Heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Combine remaining 1 cup milk and yolks; stir with a whisk. Gradually add 1 cup hot milk mixture to yolk mixture, whisking constantly.
- ☐ Add egg yolk mixture to pan. Bring to a boil; cook 2 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Place pan in a large ice-filled bowl for 20 minutes or until mixture cools, stirring occasionally. Cover surface of pudding with plastic wrap. Refrigerate 2 hours or until chilled. Mash 2 bananas; cut remaining 2 bananas into 1/4-inch-thick slices. Stir mashed and sliced bananas and half of gingersnaps into pudding; chill 30 minutes.
- ☐ Combine cream and 1 teaspoon sugar in a medium bowl. Beat with a mixer at high speed until stiff peaks form; stir in bourbon, if desired.
- ☐ Spoon 2/3 cup pudding into each of 8 dessert glasses; divide remaining gingersnaps among servings. Top each serving with 2 tablespoons whipped cream, 1 1/2 teaspoons pecans, and 3/4 teaspoon ginger.

Nutrition Facts



 **PROTEIN 8.26%**  **FAT 31.71%**  **CARBS 60.03%**

Properties

Glycemic Index:25.62, Glycemic Load:15.62, Inflammation Score:-5, Nutrition Score:10.084348025529%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 314.74kcal (15.74%), Fat: 11.34g (17.44%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 46.17g (16.79%), Sugar: 30.73g (34.14%), Cholesterol: 68.61mg (22.87%), Sodium: 148.33mg (6.45%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 6.64g (13.29%), Manganese: 0.49mg (24.37%), Phosphorus: 178.58mg (17.86%), Calcium: 177.76mg (17.78%), Vitamin B2: 0.3mg (17.49%), Vitamin B6: 0.33mg (16.26%), Vitamin B12: 0.83µg (13.77%), Potassium: 469.8mg (13.42%), Vitamin D: 1.77µg (11.77%), Vitamin A: 551.1IU (11.02%), Magnesium: 40.88mg (10.22%), Selenium: 6.78µg (9.68%), Vitamin B1: 0.14mg (9.31%), Vitamin B5: 0.86mg (8.58%), Fiber: 2.14g (8.55%), Folate: 30.84µg (7.71%), Copper: 0.13mg (6.46%), Vitamin C: 5.26mg (6.38%), Zinc: 0.95mg (6.31%), Iron: 1.07mg (5.97%), Vitamin B3: 0.92mg (4.6%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.3µg (1.24%)