



Graham Banana Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



736 kcal

DESSERT

Ingredients

- 4 large bananas divided ripe sliced
- 3 tablespoons butter
- 0.3 cup cornstarch
- 4 large egg yolks
- 5 ounce graham crackers divided
- 4 cups half-and-half
- 0.3 teaspoon salt
- 1.5 cups sugar
- 2 tablespoons sugar

- 2 teaspoons vanilla extract
- 2 cups whipping cream

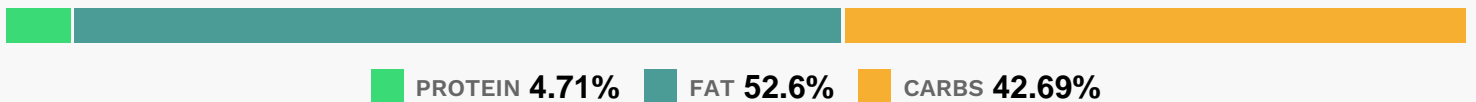
Equipment

- sauce pan
- whisk
- baking pan
- hand mixer

Directions

- Whisk together first 5 ingredients in a large saucepan over low heat; cook, whisking constantly, 8 to 10 minutes or until thickened.
- Remove from heat; stir in butter and vanilla.
- Layer 5 graham crackers, half of bananas, and half of pudding in a 13- x 9-inch baking dish. Repeat layers, using remaining ingredients. Cover pudding, and chill 6 hours.
- Beat whipping cream and 2 tablespoons sugar at medium speed with an electric mixer until soft peaks form.
- Spread over pudding. Chill until ready to serve. Prep: 5 min., Cook: 10 min., Chill: 6 hrs.

Nutrition Facts



Properties

Glycemic Index:33.62, Glycemic Load:45.34, Inflammation Score:-7, Nutrition Score:12.179565284563%

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: 735.62kcal (36.78%), Fat: 44g (67.69%), Saturated Fat: 24.23g (151.46%), Carbohydrates: 80.37g (26.79%), Net Carbohydrates: 77.96g (28.35%), Sugar: 59.7g (66.33%), Cholesterol: 201.38mg (67.13%), Sodium: 334.43mg (14.54%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 8.87g (17.73%), Vitamin A: 1656.87IU (33.14%), Vitamin B2: 0.49mg (29.07%), Phosphorus: 235.15mg (23.51%), Calcium: 199.32mg (19.93%), Vitamin B6: 0.38mg (18.95%), Selenium: 11.45µg (16.36%), Potassium: 504.94mg (14.43%), Magnesium: 45.9mg (11.48%), Folate: 40.22µg (10.06%), Vitamin B5: 0.99mg (9.87%), Manganese: 0.2mg (9.82%), Fiber: 2.41g (9.63%), Vitamin D: 1.41µg (9.41%), Vitamin C: 7.37mg (8.94%), Vitamin E: 1.3mg (8.67%), Zinc: 1.26mg (8.42%), Vitamin B1: 0.13mg (8.35%), Vitamin B12: 0.5µg (8.27%), Iron: 1.3mg (7.23%), Vitamin B3: 1.3mg (6.5%), Copper: 0.09mg (4.4%), Vitamin K: 3.88µg (3.69%)