



Grandmother's Banana Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 4 bananas
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 eggs separated
- ☐ 2 tablespoons flour
- ☐ 2 cups milk
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla

☐ 12 servings vanilla cookies recommended: Nilla Wafers

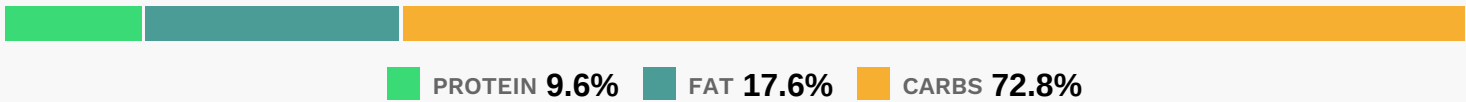
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ double boiler
- ☐ stove

Directions

- ☐ Prepare a double boiler.
- ☐ Mix together 1/2 cup sugar, egg yolks, flour and salt.
- ☐ Add milk and mix again.
- ☐ Heat on stove until the custard sticks to the sides of pan, approximately 20 minutes.
- ☐ Add vanilla after mixture has thickened.
- ☐ Let cool.
- ☐ To assemble: Put few drops of pudding in the bottom of a 2-quart dish and spread around.
- ☐ Layer Nilla Wafers and cut up 2 bananas, add 1/2 of custard, repeat layer and arrange wafers around the sides.
- ☐ In a separate bowl beat egg whites with 1/4 cup sugar and cream of tartar until it forms stiff peaks, spread on pudding and bake in a preheated 425 degree F oven for 4 minutes, just brown on top.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:26.24, Glycemic Load:15.04, Inflammation Score:-2, Nutrition Score:4.2986956666345%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 133.55kcal (6.68%), Fat: 2.7g (4.16%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 24.09g (8.76%), Sugar: 19.63g (21.81%), Cholesterol: 45.81mg (15.27%), Sodium: 38.93mg (1.69%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.32g (6.64%), Vitamin B6: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.6%), Phosphorus: 73.3mg (7.33%), Selenium: 5.04µg (7.2%), Potassium: 230.23mg (6.58%), Manganese: 0.12mg (6.04%), Calcium: 58.5mg (5.85%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.46mg (4.57%), Vitamin D: 0.67µg (4.45%), Fiber: 1.07g (4.28%), Magnesium: 17.14mg (4.28%), Vitamin C: 3.42mg (4.15%), Folate: 16.2µg (4.05%), Vitamin B1: 0.05mg (3.56%), Vitamin A: 150.45IU (3.01%), Zinc: 0.38mg (2.52%), Copper: 0.04mg (2.1%), Vitamin B3: 0.41mg (2.07%), Iron: 0.36mg (2.01%), Vitamin E: 0.18mg (1.17%)