



Individual Banana Puddings

 Vegetarian

READY IN



30 min.

SERVINGS



15

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 2 banana sliced
- ☐ 3 large egg yolk
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted

- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 8 vanilla wafers
- ☐ 2 cups milk whole

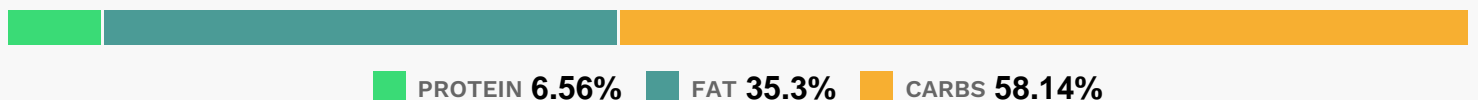
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Combine sugar, flour and salt in a medium pan. Slowly whisk in milk. Cook over medium heat, stirring constantly, until mixture just begins to boil, about 8 minutes. Gently boil for 3 minutes.
- ☐ Place yolks in a medium bowl.
- ☐ Whisk to blend.
- ☐ Whisking constantly, slowly drizzle in 1/2 cup of hot milk mixture. Immediately transfer yolk mixture to milk mixture in pan. Cook, stirring constantly, about 2 minutes.
- ☐ Remove from heat; whisk in butter and vanilla.
- ☐ Pour through a fine-mesh sieve into a clean bowl. Cover with plastic wrap, pressing wrap directly onto surface of pudding.
- ☐ Let cool, then refrigerate until cold.
- ☐ Make topping: When ready to serve, whip cream with sugar and vanilla until soft peaks form. Divide 1/2 of pudding among 4 bowls. Top with 1/2 of bananas and wafers.
- ☐ Add remaining pudding, bananas and wafers. Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:25.66, Glycemic Load:13.16, Inflammation Score:-2, Nutrition Score:3.1278260920359%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.78kcal (6.94%), Fat: 5.56g (8.55%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 20.07g (7.3%), Sugar: 15.46g (17.18%), Cholesterol: 49.15mg (16.38%), Sodium: 31.07mg (1.35%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 2.32g (4.65%), Vitamin B2: 0.11mg (6.23%), Phosphorus: 56.69mg (5.67%), Selenium: 3.82µg (5.46%), Calcium: 48.82mg (4.88%), Vitamin B6: 0.09mg (4.61%), Vitamin B1: 0.07mg (4.35%), Vitamin A: 216.76IU (4.34%), Vitamin D: 0.63µg (4.22%), Vitamin B12: 0.25µg (4.19%), Folate: 16.22µg (4.06%), Potassium: 119.42mg (3.41%), Manganese: 0.07mg (3.3%), Vitamin B5: 0.3mg (3%), Magnesium: 9.29mg (2.32%), Fiber: 0.53g (2.12%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.27mg (1.78%), Vitamin C: 1.39mg (1.69%), Iron: 0.27mg (1.52%), Vitamin E: 0.2mg (1.34%), Copper: 0.02mg (1.05%)