



Lightened Up Banana Pudding

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



261 kcal

DESSERT

Ingredients

- 2 large bananas ripe
- 2 tablespoons cornstarch
- 1 large eggs
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1.5 cups lowfat milk (1 percent)
- 0.1 teaspoon salt fine
- 0.3 cup sugar
- 2 teaspoons vanilla extract pure

- 8 vanilla wafers reduced-fat

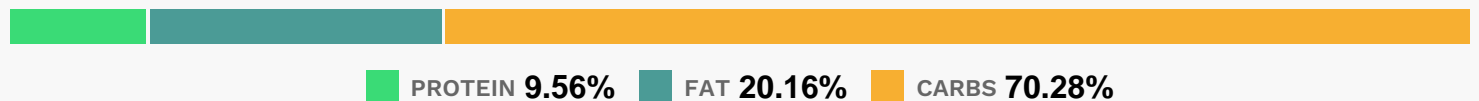
Equipment

- bowl
- sauce pan
- whisk

Directions

- Whisk together the sugar, cornstarch and salt in a large saucepan; whisk in the milk until smooth.
- Heat over medium-high heat, whisking, until bubbles begin to form.
- Remove from the heat.
- Whisk the egg in a medium bowl. Slowly pour 1/4 cup of the hot milk mixture into the egg while whisking vigorously; whisk until smooth.
- Pour the mixture back into the saucepan and cook over medium-high heat, whisking vigorously, until thick and starting to bubble, 1 to 2 minutes.
- Transfer the mixture to a bowl, whisk in the sour cream and vanilla and let cool until thick, whisking frequently.
- Cut the bananas into thin slices.
- Layer a few banana slices, a few wafer pieces and 2 tablespoons of the prepared pudding in each of 4 glasses; repeat the layering once and then top with a final layer of pudding.
- Serve immediately or cover and refrigerate for up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:22.88, Inflammation Score:-4, Nutrition Score:8.1082608803459%

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: 260.57kcal (13.03%), Fat: 5.91g (9.09%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 44.36g (16.13%), Sugar: 29.28g (32.54%), Cholesterol: 56.08mg (18.69%), Sodium: 186.45mg (8.11%), Alcohol: 0.69g (100%), Alcohol %: 0.41% (100%), Protein: 6.3g (12.6%), Vitamin B2: 0.28mg (16.46%), Vitamin B6: 0.33mg (16.37%), Phosphorus: 146.75mg (14.68%), Calcium: 142.65mg (14.26%), Potassium: 445.3mg (12.72%), Vitamin B12: 0.71µg (11.86%), Selenium: 7.01µg (10.01%), Manganese: 0.2mg (9.86%), Vitamin B1: 0.13mg (8.86%), Vitamin D: 1.25µg (8.35%), Folate: 33.39µg (8.35%), Magnesium: 32.28mg (8.07%), Fiber: 1.97g (7.89%), Vitamin B5: 0.74mg (7.39%), Vitamin C: 6.05mg (7.33%), Vitamin A: 331.63IU (6.63%), Zinc: 0.72mg (4.81%), Vitamin B3: 0.89mg (4.46%), Copper: 0.07mg (3.48%), Iron: 0.43mg (2.41%), Vitamin E: 0.26mg (1.73%)