



## Mama Daisy's Banana Pudding

READY IN



190 min.

SERVINGS



8

CALORIES



539 kcal

DESSERT

### Ingredients

- 5 bananas sliced
- 0.5 stick butter cubed
- 4 egg yolks
- 24 ounce evaporated milk canned
- 6 tablespoons flour all-purpose
- 1 pinch salt
- 2.5 cups sugar
- 1 teaspoon vanilla extract
- 1 box vanilla wafers crumbled plus more for garnish,

8 servings whipped cream

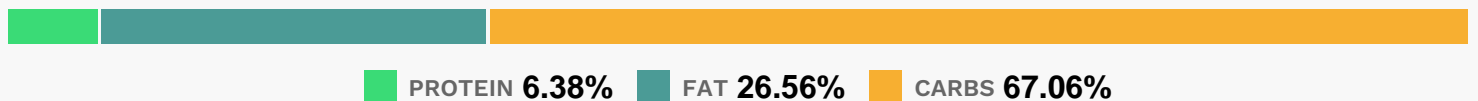
## Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

## Directions

- Watch how to make this recipe.
- In a 3-quart heavy saucepan on low heat, add sugar, flour and salt.
- Pour in the evaporated milk and stir constantly. The mixture will thicken slowly, about 15 minutes.
- Lightly beat the egg yolks in a medium size bowl.
- Add a ladleful of the thickened milk mixture to the eggs and whisk, to temper the eggs.
- Add the egg mixture into the saucepan and continue to whisk and cook until incorporated, roughly 2 to 3 minutes.
- Remove the saucepan from the heat and stir in the butter and the vanilla extract.
- Place the pudding into a bowl and cover with plastic wrap.
- Let cool in refrigerator for 2 1/2 hours.
- Into a large bowl or trifle dish, add a layer of vanilla wafers, a layer of sliced bananas, and top with pudding.
- Add the whipped cream and then repeat the layers.
- Garnish with crumbled cookies on top.

## Nutrition Facts



## Properties

Glycemic Index:47.73, Glycemic Load:55.38, Inflammation Score:-5, Nutrition Score:10.512173901434%

## Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg 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: 538.61kcal (26.93%), Fat: 16.4g (25.22%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 93.13g (31.04%), Net Carbohydrates: 91.06g (33.11%), Sugar: 80.56g (89.52%), Cholesterol: 141.61mg (47.2%), Sodium: 147.23mg (6.4%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.87g (17.73%), Calcium: 246.56mg (24.66%), Vitamin B2: 0.42mg (24.52%), Phosphorus: 237.17mg (23.72%), Vitamin B6: 0.35mg (17.5%), Potassium: 550.16mg (15.72%), Selenium: 10.17µg (14.53%), Manganese: 0.25mg (12.56%), Vitamin A: 597.84IU (11.96%), Folate: 45.49µg (11.37%), Vitamin B5: 1.11mg (11.09%), Magnesium: 42.87mg (10.72%), Vitamin C: 8.03mg (9.74%), Vitamin B1: 0.13mg (8.4%), Fiber: 2.07g (8.28%), Zinc: 1.05mg (6.98%), Vitamin B12: 0.34µg (5.68%), Vitamin B3: 1mg (5.01%), Iron: 0.9mg (4.98%), Copper: 0.09mg (4.58%), Vitamin E: 0.65mg (4.32%), Vitamin D: 0.6µg (3.97%), Vitamin K: 1.57µg (1.49%)