



Meringue-Topped Southern Banana Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



70 kcal

DESSERT

Ingredients

- 2 large bananas sliced
- 1 dash cream of tartar
- 3 eggs separated
- 4.5 cups milk
- 0.3 cup sugar
- 6 oz jell-o vanilla flavor cook & serve pudding
- 42 vanilla wafers ()

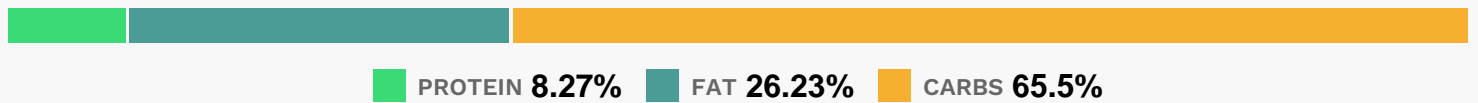
Equipment

- bowl
- sauce pan
- oven
- whisk
- blender
- baking pan

Directions

- Heat oven to 350F.
- Beat pudding mixes and milk in medium saucepan with whisk until blended. Beat egg yolks in small bowl until blended. Gradually stir into milk mixture. Bring to full rolling boil on medium heat, stirring constantly.
- Remove from heat.
- Arrange layer of wafers on bottom and up side of 2-qt. baking dish. Top with layers of 1/3 of the pudding and half the banana slices. Repeat layers; cover with remaining pudding.
- Beat egg whites and cream of tartar in medium bowl with mixer on high speed until foamy. Gradually beat in sugar until stiff peaks form.
- Spread over pudding, sealing to edge of dish.
- Bake 15 min. or until meringue is browned. Cool.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:5.23, Inflammation Score:-1, Nutrition Score:1.5630434783904%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 70.17kcal (3.51%), Fat: 2.07g (3.19%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 11.4g (4.14%), Sugar: 8.17g (9.08%), Cholesterol: 13.9mg (4.63%), Sodium: 60.04mg (2.61%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin B2: 0.07mg (3.83%), Phosphorus: 34.21mg (3.42%), Calcium: 32.16mg (3.22%), Vitamin B1: 0.04mg (2.68%), Vitamin B12: 0.16µg (2.63%), Vitamin D: 0.33µg (2.18%), Selenium: 1.47µg (2.1%), Vitamin B6: 0.04mg (2.1%), Potassium: 71.44mg (2.04%), Folate: 7.52µg (1.88%), Vitamin B5: 0.16mg (1.56%), Magnesium: 4.91mg (1.23%), Vitamin A: 59.24IU (1.18%), Vitamin B3: 0.21mg (1.07%), Fiber: 0.26g (1.03%)