



Pineapple and Banana Couscous Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.5 cup couscous plain
- ☐ 5 tablespoons cream of coconut sweetened (such as Coco López)
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 0.5 cup pineapple minced
- ☐ 1.5 cups pineapple fresh diced peeled
- ☐ 1 tablespoon triple sec
- ☐ 1 tablespoon butter unsalted
- ☐ 0.8 cup water

☐ 1.5 cups whipping cream chilled

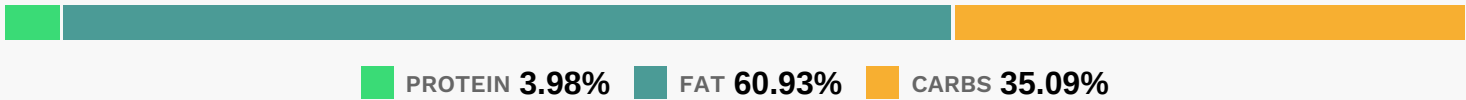
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Bring 3/4 cup water to boil in heavy medium saucepan over high heat. Stir in couscous.
- ☐ Remove from heat. Cover and let stand until water is absorbed, about 15 minutes. Fluff with fork.
- ☐ Melt butter in small nonstick skillet over medium-high heat.
- ☐ Add banana and sugar and sauté until banana is soft, about 1 minute. Cool.
- ☐ Using electric mixer, beat cream in large bowl until soft peaks form. Fold in cream of coconut and triple sec. Reserve 6 tablespoons whipped cream mixture for topping. Fold candied pineapple, couscous, and banana into remaining whipped cream mixture in large bowl. Divide mixture among 6 parfait glasses or dessert bowls. (Can be made 4 hours ahead. Cover whipped cream mixture and puddings separately and refrigerate.)
- ☐ Top each pudding with some of reserved whipped cream mixture.
- ☐ Sprinkle each with fresh pineapple and serve.
- ☐ * Cream of coconut is available in the liquor section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:10.56, Inflammation Score:-6, Nutrition Score:7.3673912183098%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 26.18g (40.27%), Saturated Fat: 17.28g (108.02%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 31.89g (11.6%), Sugar: 20.46g (22.73%), Cholesterol: 72.25mg (24.08%), Sodium: 28.47mg (1.24%), Alcohol: 0.65g (100%), Alcohol %: 0.45% (100%), Protein: 3.85g (7.7%), Vitamin C: 26.65mg (32.3%), Manganese: 0.62mg (31.23%), Vitamin A: 964.86IU (19.3%), Vitamin B2: 0.14mg (8.34%), Fiber: 2.02g (8.07%), Vitamin D: 0.99µg (6.58%), Phosphorus: 64.21mg (6.42%), Copper: 0.11mg (5.48%), Calcium: 53.01mg (5.3%), Vitamin B1: 0.08mg (5.27%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.45mg (4.53%), Magnesium: 17.71mg (4.43%), Potassium: 144.38mg (4.13%), Vitamin B3: 0.82mg (4.12%), Vitamin E: 0.61mg (4.08%), Folate: 15.25µg (3.81%), Selenium: 1.89µg (2.71%), Vitamin K: 2.45µg (2.34%), Zinc: 0.33mg (2.23%), Iron: 0.39mg (2.17%), Vitamin B12: 0.1µg (1.65%)