

Pineapple and Banana Couscous Pudding

Vegetarian







DESSERT

Ingredients

0.8 cup water

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

Ш	1.5 cups whipping cream chilled	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	hand mixer	
Di	rections	
	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	
	PROTEIN 3.98% FAT 60.93% CARBS 35.09%	
Pro	perties	

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, 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%)