



## Praline Banana-Yam Pudding

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

DESSERT

### Ingredients

- 2 bananas ripe
- 0.3 cup brown sugar dark divided packed
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon butter
- 2 tablespoons butter melted
- 2 tablespoons pecans chopped
- 0.1 teaspoon salt

2.8 pounds sweet potatoes

## Equipment

food processor

sauce pan

oven

ramekin

## Directions

Preheat oven to 350

Bake potatoes at 350 for 1 hour or until tender.

Let cool; peel and cut into chunks.

Place potatoes and bananas in a food processor; process until smooth.

Add melted margarine, 2 tablespoons sugar, nutmeg, cinnamon, and salt; pulse until blended. Divide sweet potato mixture evenly among 6 (8-ounce) ramekins.

Melt 1 tablespoon margarine in a small saucepan over medium-high heat.

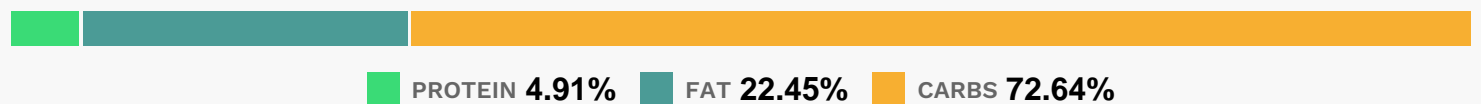
Add 2 tablespoons sugar; cook 1 minute.

Add pecans; cook 1 minute, stirring constantly.

Remove from heat; divide pecan mixture evenly among ramekins.

Bake at 350 for 25 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:32.96, Glycemic Load:25.03, Inflammation Score:-10, Nutrition Score:16.298260766203%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin:

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## **Nutrients (% of daily need)**

Calories: 322.64kcal (16.13%), Fat: 8.3g (12.77%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 52.78g (19.19%), Sugar: 22.54g (25.04%), Cholesterol: 0mg (0%), Sodium: 231.78mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin A: 29772.04IU (595.44%), Manganese: 0.82mg (40.78%), Fiber: 7.64g (30.56%), Vitamin B6: 0.59mg (29.53%), Potassium: 870.88mg (24.88%), Copper: 0.39mg (19.5%), Vitamin B5: 1.84mg (18.42%), Magnesium: 67.87mg (16.97%), Vitamin B1: 0.2mg (13.16%), Phosphorus: 117.81mg (11.78%), Vitamin C: 8.47mg (10.26%), Vitamin B2: 0.16mg (9.56%), Iron: 1.53mg (8.5%), Folate: 31.7µg (7.92%), Calcium: 77.4mg (7.74%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 0.85mg (5.64%), Zinc: 0.84mg (5.6%), Vitamin K: 4.08µg (3.89%), Selenium: 1.88µg (2.69%)