



Real Banana Pudding

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 4 bananas ripe
- ☐ 2 tablespoons cornstarch
- ☐ 4 large eggs separated
- ☐ 2.3 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

- ☐ 1 teaspoon vanilla extract
- ☐ 3.3 cups vanilla wafers

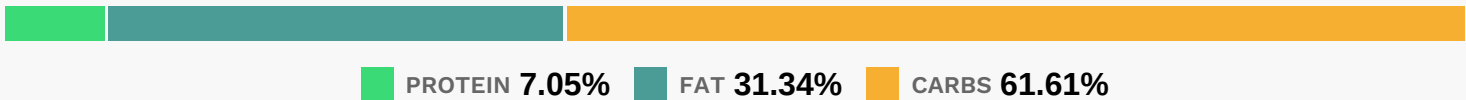
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 37
- ☐ Whisk together first 3 ingredients in a small bowl.
- ☐ Whisk together sugar mixture, milk, and 4 egg yolks in a medium-size heavy saucepan until well blended. Cook over medium heat, stirring constantly, 6 to 8 minutes or until thickened.
- ☐ Remove from heat; stir in butter and vanilla.
- ☐ Layer half of vanilla wafers in an 8-inch square baking dish. Top with half of banana slices and half of pudding. Repeat procedure with remaining wafers, banana slices, and pudding.
- ☐ Beat egg whites at high speed with an electric mixer until foamy. Gradually add 3 Tbsp. sugar, beating until sugar dissolves and stiff peaks form.
- ☐ Spread meringue over pudding, sealing to edge of dish.
- ☐ Bake at 375 for 7 to 10 minutes or until golden.
- ☐ Let cool 30 minutes, and serve warm; or chill an additional hour, and serve cold.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:35.93, Inflammation Score:-3, Nutrition Score:7.2591303897941%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 352.63kcal (17.63%), Fat: 12.51g (19.25%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 53.58g (19.48%), Sugar: 33.68g (37.43%), Cholesterol: 87.37mg (29.12%), Sodium: 255.9mg (11.13%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 6.33g (12.66%), Vitamin B2: 0.29mg (17.05%), Vitamin B1: 0.21mg (13.84%), Folate: 51.19µg (12.8%), Phosphorus: 121.74mg (12.17%), Vitamin B6: 0.24mg (12.05%), Selenium: 7.81µg (11.16%), Potassium: 311.32mg (8.89%), Calcium: 82.01mg (8.2%), Vitamin B12: 0.48µg (7.99%), Fiber: 1.75g (7.02%), Vitamin D: 1.05µg (6.97%), Manganese: 0.14mg (6.89%), Vitamin B5: 0.67mg (6.72%), Vitamin B3: 1.34mg (6.71%), Vitamin A: 297.12IU (5.94%), Magnesium: 21.89mg (5.47%), Vitamin C: 4.11mg (4.98%), Zinc: 0.56mg (3.73%), Copper: 0.05mg (2.71%), Iron: 0.49mg (2.71%), Vitamin E: 0.35mg (2.33%)