

Southern-Style Banana Pudding

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- 0.5 banana mashed
- 2 banana
- 0.3 cup cornstarch
- 0.1 teaspoon rum extract
- 3 cups non-dairy milk (or other non-dairy milk)
- 0.3 teaspoon stevia powder pure
- 0.5 cup sugar
- 2 teaspoons vanilla

5 ounces vanilla wafers

Equipment

sauce pan

baking pan

Directions

Mix the cornstarch, sugar, and stevia in a medium saucepan. Stir in the soymilk and begin heating on medium heat. Cook, stirring constantly, until the mixture thickens and boils.

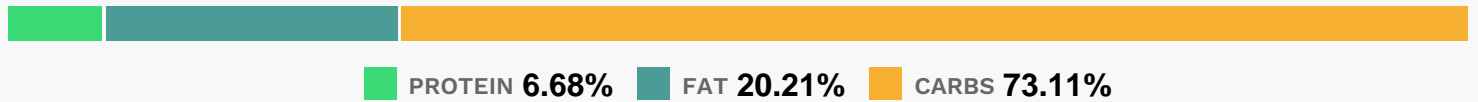
Add in the mashed banana and cook, stirring, for one more minute.

Remove from the heat and stir in the vanilla and rum extracts. Line the bottom of a 1 1/2-quart baking dish with vanilla cookies. Slice one of the bananas to cover the cookies.

Pour about half of the pudding over the bananas. Repeat the layers of cookies, bananas, and pudding, reserving some of the cookies and placing them around the edge of the dish. Refrigerate until completely chilled.

Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:48.34, Glycemic Load:31.32, Inflammation Score:-5, Nutrition Score:10.57391298789%

Flavonoids

Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg 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: 294.33kcal (14.72%), Fat: 6.68g (10.27%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 52.22g (18.99%), Sugar: 33.25g (36.95%), Cholesterol: 0.24mg (0.08%), Sodium: 155.23mg (6.75%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Protein: 4.96g (9.93%), Vitamin B3: 4.83mg (24.16%), Vitamin B6: 0.46mg (22.79%), Vitamin B12: 1.27µg (21.24%), Vitamin E: 3.02mg (20.15%), Vitamin B2: 0.33mg (19.38%), Folate: 68.38µg (17.1%), Calcium: 168.08mg (16.81%), Vitamin C: 12.77mg (15.48%), Vitamin B1: 0.19mg

(12.52%), Potassium: 364.71mg (10.42%), Vitamin A: 495.21IU (9.9%), Vitamin D: 1.42µg (9.44%), Copper: 0.19mg (9.41%), Fiber: 2.13g (8.52%), Manganese: 0.14mg (6.97%), Selenium: 3.45µg (4.94%), Iron: 0.74mg (4.12%), Magnesium: 13.6mg (3.4%), Zinc: 0.36mg (2.42%), Phosphorus: 21.51mg (2.15%), Vitamin B5: 0.16mg (1.65%)