



## Spiced Layered Banana Bread Pudding

 Vegetarian

READY IN



75 min.

SERVINGS



9

CALORIES



132 kcal

DESSERT

### Ingredients

- 2 but bananas firm ripe sliced
- 2 tablespoons butter softened
- 3 inch egg bread
- 6 eggs
- 0.8 teaspoon granulated sugar divided
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 3 cups milk 2%

- 0.5 teaspoon nutmeg freshly grated
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- glass baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter an 11 x 8-inch glass baking dish.
- In a large bowl, combine cinnamon, nutmeg, cloves, and salt.
- Whisk in 1/2 cup sugar, eggs, milk and vanilla; set aside.
- Slice bananas and arrange evenly in the bottom of the baking dish. Butter bread slices on both sides and cut into cubes; sprinkle over top of bananas to cover.
- Pour egg mixture evenly over top and sprinkle with remaining 1/4 cup of sugar.
- Bake in preheated oven for about 1 hour or until knife inserted in centre comes out clean and top is golden brown and slightly puffed.
- Let cool slightly before serving.

## Nutrition Facts



**PROTEIN 19.98%** **FAT 47.35%** **CARBS 32.67%**

## Properties

Glycemic Index:27.76, Glycemic Load:3.16, Inflammation Score:-3, Nutrition Score:6.5973912244258%

## Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

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

Calories: 132.42kcal (6.62%), Fat: 7.06g (10.86%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.13g (3.68%), Sugar: 7.7g (8.56%), Cholesterol: 122.53mg (40.84%), Sodium: 166.92mg (7.26%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 6.7g (13.4%), Vitamin B2: 0.3mg (17.88%), Selenium: 11.53µg (16.48%), Phosphorus: 138.28mg (13.83%), Calcium: 115.97mg (11.6%), Vitamin B12: 0.68µg (11.4%), Vitamin B6: 0.18mg (8.87%), Vitamin B5: 0.82mg (8.24%), Manganese: 0.16mg (8.03%), Potassium: 248.23mg (7.09%), Vitamin A: 335.65IU (6.71%), Folate: 24.06µg (6.01%), Zinc: 0.81mg (5.41%), Magnesium: 19.95mg (4.99%), Vitamin D: 0.59µg (3.93%), Vitamin B1: 0.05mg (3.66%), Iron: 0.65mg (3.6%), Fiber: 0.83g (3.33%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.44mg (2.94%), Copper: 0.05mg (2.49%), Vitamin B3: 0.32mg (1.58%)