



Sticky Toffee Banana Pudding

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup banana very ripe mashed (2 to 3)
- ☐ 0.7 cup t brown sugar dark packed ()
- ☐ 0.5 cup corn syrup dark
- ☐ 1 tablespoon rum dark
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1.3 cups cup heavy whipping cream ()

- ☐ 2 cups unbleached all purpose flour
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 1.5 teaspoons vanilla extract

Equipment

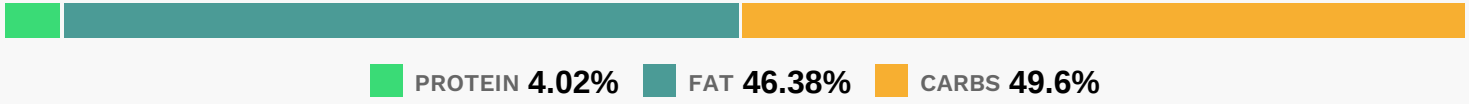
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bring 1 1/4 cups cream, brown sugar, corn syrup, butter, and 1/8 teaspoon salt to boil in heavy small saucepan over medium heat, whisking until sugar dissolves. Reduce heat to medium-low and cook at gentle boil until sauce coats spoon thickly and is reduced to 1 1/2 cups, whisking occasionally, about 15 minutes.
- ☐ Remove from heat and cool.
- ☐ Whisk in 3 tablespoons or more cream to thin sauce to desired consistency. DO AHEAD: can be made 2 days ahead. Cover and chill. Rewarm slightly before using.
- ☐ Preheat oven to 350°F. Butter 8 x 8 x 2-inch nonstick metal baking pan. Dust baking pan with flour, tapping out excess.
- ☐ Whisk flour, baking powder, and 1/2 teaspoon salt in medium bowl. Using electric mixer, beat butter and sugar in large bowl until well blended. Beat in eggs 1 at a time. Beat in mashed bananas, rum, and vanilla (batter may look curdled).
- ☐ Add dry ingredients in 4 additions, beating just to blend after each addition.
- ☐ Spread batter evenly in prepared baking pan.
- ☐ Bake cake until tester inserted into center comes out clean, 35 to 38 minutes.
- ☐ Spread 1/2 cup toffee sauce evenly over cake. Return cake to oven and bake until sauce is bubbling thickly, about 6 minutes. Cool cake in pan on rack 30 minutes.

- ☐
- Cut around cake in pan.
- ☐
- Cut cake into 9 squares or 12 rectangles.
- ☐
- Serve cake slightly warm or at room temperature with toffee sauce and top with sliced bananas, if desired.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:11.43, Inflammation Score:-5, Nutrition Score:6.430434750474%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.4kcal (20.57%), Fat: 21.5g (33.07%), Saturated Fat: 13.3g (83.11%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 50.84g (18.49%), Sugar: 34.18g (37.98%), Cholesterol: 89.52mg (29.84%), Sodium: 101.7mg (4.42%), Alcohol: 0.59g (100%), Alcohol %: 0.63% (100%), Protein: 4.19g (8.38%), Selenium: 11.3µg (16.14%), Vitamin A: 772.4IU (15.45%), Vitamin B2: 0.2mg (11.96%), Vitamin B1: 0.18mg (11.87%), Folate: 46.17µg (11.54%), Manganese: 0.21mg (10.42%), Iron: 1.43mg (7.96%), Calcium: 77.93mg (7.79%), Phosphorus: 72.99mg (7.3%), Vitamin B3: 1.37mg (6.85%), Vitamin D: 0.78µg (5.17%), Vitamin E: 0.71mg (4.7%), Vitamin B6: 0.09mg (4.43%), Potassium: 141.06mg (4.03%), Vitamin B5: 0.37mg (3.71%), Magnesium: 14.23mg (3.56%), Fiber: 0.89g (3.55%), Copper: 0.07mg (3.45%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.14µg (2.3%), Vitamin K: 1.94µg (1.84%), Vitamin C: 1.24mg (1.5%)