



Stovetop Banana Pudding

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



288 kcal

Ingredients

- ☐ 6 bananas peeled sliced
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 1.5 cups milk
- ☐ 1 pinch salt
- ☐ 1 tablespoon vanilla extract
- ☐ 16 ounce vanilla wafers

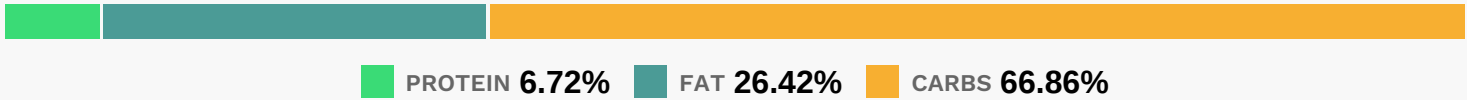
Equipment

☐ pot

Directions

- ☐ In large pot, combine eggs, milk, salt, vanilla, and flour. Stir over low heat until mixture boils and thickens.
- ☐ Remove from heat and stir in bananas and cookies. Top with nutmeg and cinnamon to taste.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:32.27, Inflammation Score:-3, Nutrition Score:6.8221738921559%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 287.97kcal (14.4%), Fat: 8.55g (13.16%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 48.71g (16.24%), Net Carbohydrates: 46.41g (16.88%), Sugar: 20.82g (23.13%), Cholesterol: 31.32mg (10.44%), Sodium: 178.05mg (7.74%), Alcohol: 0.37g (100%), Alcohol %: 0.33% (100%), Protein: 4.89g (9.79%), Vitamin B1: 0.26mg (17.25%), Folate: 62.87µg (15.72%), Vitamin B2: 0.25mg (14.43%), Vitamin B6: 0.25mg (12.57%), Manganese: 0.22mg (11.18%), Vitamin B3: 1.88mg (9.4%), Fiber: 2.3g (9.2%), Potassium: 309.17mg (8.83%), Selenium: 6.07µg (8.67%), Phosphorus: 82.87mg (8.29%), Vitamin C: 5.14mg (6.23%), Magnesium: 22.48mg (5.62%), Calcium: 46.19mg (4.62%), Vitamin B5: 0.46mg (4.58%), Vitamin B12: 0.23µg (3.83%), Iron: 0.65mg (3.61%), Copper: 0.06mg (3.23%), Vitamin D: 0.48µg (3.21%), Vitamin A: 126.9IU (2.54%), Zinc: 0.37mg (2.44%), Vitamin E: 0.16mg (1.04%)