



## Vanilla-Banana Pudding

 Vegetarian

READY IN



320 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

### Ingredients

- 4 bananas ripe sliced into 1/4-inch rounds
- 0.3 cup cornstarch
- 5 large egg yolks beaten
- 8 servings kosher salt
- 1 cup sugar
- 2 teaspoons vanilla extract
- 3 ounces vanilla wafers crushed ( 24)
- 4.5 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

## Directions

- Heat 4 cups of the milk in a large saucepan over medium heat until steaming.
- Whisk the sugar, cornstarch and 1/2 teaspoon salt in a large bowl.
- Whisk in the egg yolks and the remaining 1/2 cup milk.
- Whisk half of the hot milk into the egg mixture until smooth, then gradually whisk the egg-milk mixture into the pan. Cook over medium heat, whisking constantly, until the mixture boils. Continue to whisk until it has thickened to a puddinglike consistency, 3 to 4 minutes.
- Remove from the heat and stir in the vanilla extract.
- Cool slightly, stirring a few times to prevent a skin from forming.
- Place a piece of plastic wrap directly on top of the pudding and refrigerate until completely cooled and thickened, about 4 hours.
- One hour before serving, whisk the pudding vigorously until smooth and creamy. Gently fold in 3/4 of the sliced bananas. Cover with plastic wrap and refrigerate for 1 hour. Fold in the vanilla wafers, spoon the pudding into six to eight individual cups and top with the remaining banana slices.

## Nutrition Facts



**PROTEIN 8.44%** **FAT 24.37%** **CARBS 67.19%**

## Properties

Glycemic Index:29.98, Glycemic Load:32.29, Inflammation Score:-4, Nutrition Score:9.4647826319155%

## 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: 337.64kcal (16.88%), Fat: 9.34g (14.36%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 56.18g (20.43%), Sugar: 42.3g (46.99%), Cholesterol: 131.33mg (43.78%), Sodium: 295.19mg (12.83%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 7.27g (14.55%), Phosphorus: 198.26mg (19.83%), Vitamin B2: 0.32mg (18.75%), Calcium: 186.06mg (18.61%), Vitamin B6: 0.34mg (16.88%), Vitamin B12: 0.95µg (15.81%), Vitamin D: 2.08µg (13.89%), Selenium: 9.45µg (13.5%), Potassium: 439.79mg (12.57%), Vitamin B1: 0.16mg (10.57%), Vitamin B5: 1.03mg (10.27%), Folate: 36.67µg (9.17%), Manganese: 0.18mg (8.86%), Magnesium: 33.22mg (8.3%), Vitamin A: 413.32IU (8.27%), Fiber: 1.73g (6.92%), Vitamin C: 5.13mg (6.22%), Zinc: 0.9mg (6.02%), Vitamin B3: 0.82mg (4.1%), Copper: 0.06mg (3.04%), Iron: 0.48mg (2.69%), Vitamin E: 0.4mg (2.68%)