

# Banana-Lemon Pudding Cake

*www.RachaelRayMag.com*

## **Servings: 6**

*3 eggs, separated  
1 container (6 ounce) plain fat-free  
yogurt  
grated lemon peel from one large  
lemon  
3/4 cup sugar  
1/4 cup flour  
1/4 teaspoon salt  
4 ripe bananas, sliced crosswise,  
1/2-inch thick  
whipped cream (optional)*

## **Preparation Time: 10 minutes**

## **Cook Time: 1 hour 20 minutes**

Grease the inside of a three- to four-quart slow cooker with butter.

In a large bowl, using a handheld mixer, beat the egg whites on high speed until soft peaks form.

In another large bowl, beat together the egg yolks, yogurt, lemon peel and lemon juice on medium speed for 1 minute. Add the sugar, flour and salt. Beat on medium speed until smooth, about 2 minutes. Working in three or four batches, gently fold in the beaten egg whites.

Scatter three-quarters of the banana slices on the bottom of the slow cooker. Pour in the batter. Cover and cook on HIGH until the cake is puffed, the top is set and the edges are browned, about one hour and 20 minutes. Remove the slow cooker insert, still covered, and cool for about 20 minutes.

Spoon the pudding into bowls. Top with whipped cream, if using, and the remaining banana slices.

*TIP: Make it your own by snapping in another fruit like berries, sliced pears or peaches for the bananas. Simply stir the fruit into the batter instead of scattering along the bottom of the slow cooker.*

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Per Serving (excluding unknown items): 153 Calories; 3g Fat (14.8% calories from fat); 4g Protein; 29g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 124mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates.

Desserts, Slow Cooker

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	153	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	14.8%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	75.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	9.6%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	13mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	106mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	29g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	124mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	40mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	15mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1 1/2
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	122IU		
<b>Vitamin A (r.e.):</b>	35RE		

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 153 **Calories from Fat:** 23

**% Daily Values\***

<b>Total Fat</b> 3g	4%
Saturated Fat 1g	4%
<b>Cholesterol</b> 106mg	35%
<b>Sodium</b> 124mg	5%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber trace	1%
<b>Protein</b> 4g	
<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.