



5-Minute Banana Split Cup

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



5

CALORIES



107 kcal

Ingredients

- 2 bananas thinly sliced
- 0.3 cup cream sauce hot warmed
- 4 jell-o vanilla pudding snacks
- 0.3 cup cool whip whipped topping thawed

Equipment

Directions

- Top pudding snacks with bananas and COOL WHIP.

Drizzle with fudge topping.

Serve immediately.

Nutrition Facts

 PROTEIN **4.78%**  FAT **16.22%**  CARBS **79%**

Properties

Glycemic Index:10.96, Glycemic Load:5.22, Inflammation Score:-1, Nutrition Score:3.0078260963378%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 106.64kcal (5.33%), Fat: 2g (3.08%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 20.3g (7.38%), Sugar: 12.57g (13.96%), Cholesterol: 0.23mg (0.08%), Sodium: 60.84mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.18mg (9.19%), Vitamin B6: 0.18mg (8.85%), Fiber: 1.66g (6.63%), Potassium: 216.09mg (6.17%), Magnesium: 20.3mg (5.08%), Vitamin C: 4.14mg (5.01%), Copper: 0.09mg (4.51%), Vitamin E: 0.47mg (3.1%), Vitamin B2: 0.05mg (3.05%), Phosphorus: 27.92mg (2.79%), Folate: 10.16µg (2.54%), Iron: 0.32mg (1.8%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.18mg (1.76%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.2mg (1.34%), Selenium: 0.92µg (1.31%), Calcium: 12.51mg (1.25%)