



Aunt Betty's Banana Pudding

READY IN



25 min.

SERVINGS



15

CALORIES



354 kcal

Ingredients

- ☐ 6 bananas sliced
- ☐ 6.8 ounce vanilla pudding mix instant
- ☐ 1 cup milk
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 12 ounce vanilla wafers
- ☐ 8 ounce non-dairy whipped topping frozen thawed

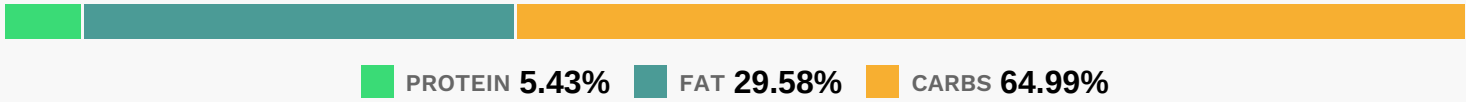
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine pudding mix and milk and stir until mix is dissolved. Refrigerate 15 minutes, until partially set.
- ☐ Stir condensed milk into pudding mixture until smooth. Fold in sour cream and whipped topping. Fold in bananas.
- ☐ Make a single layer of vanilla wafers in the bottom of a 9x13 inch dish.
- ☐ Spread pudding evenly over wafers. Crush remaining wafers and sprinkle on top. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:26.81, Inflammation Score:-3, Nutrition Score:6.1634782293568%

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: 354kcal (17.7%), Fat: 11.89g (18.29%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 57.16g (20.78%), Sugar: 42.38g (47.09%), Cholesterol: 20.4mg (6.8%), Sodium: 228.61mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin B2: 0.26mg (15.28%), Phosphorus: 126.22mg (12.62%), Calcium: 124.16mg (12.42%), Vitamin B6: 0.21mg (10.29%), Potassium: 347.33mg (9.92%), Vitamin B1: 0.15mg (9.92%), Folate: 33.67µg (8.42%), Selenium: 5.74µg (8.19%), Manganese: 0.13mg (6.62%), Fiber: 1.62g (6.49%), Magnesium: 24.15mg (6.04%), Vitamin C: 4.93mg (5.98%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.47mg (4.68%), Vitamin A: 232.59IU (4.65%), Vitamin B12: 0.27µg (4.44%), Zinc: 0.45mg (3.03%), Copper: 0.05mg (2.39%), Vitamin D: 0.23µg (1.55%), Vitamin E: 0.23mg (1.54%), Iron: 0.21mg (1.16%), Vitamin K: 1.15µg (1.1%)