



Banana Canoes

READY IN



10 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

Ingredients

- 4 bananas
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 2 cups milk cold
- 16 oreo bite size cookies mini
- 1 oz baker's semi-sweet chocolate chopped
- 0.3 cup cool whip whipped topping thawed

Equipment

- bowl

whisk

Directions

Pour milk into medium bowl.

Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Refrigerate at least 5 min.

Cut washed unpeeled bananas in half lengthwise, cutting all of the way through each banana but being careful to not cut all of the way through the bottom peel.

Place 1 banana, with peel, in each of 4 dessert dishes to resemble a canoe. Spoon 1/2 cup of the pudding down center of each banana.

Top with the whipped topping, chopped chocolate and cookies.

Serve with a spoon for the "paddle."

Nutrition Facts



PROTEIN 6.01% **FAT 27.07%** **CARBS 66.92%**

Properties

Glycemic Index:23.19, Glycemic Load:15.22, Inflammation Score:-6, Nutrition Score:16.083043554555%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 543.44kcal (27.17%), Fat: 16.89g (25.98%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 93.94g (31.31%), Net Carbohydrates: 88.77g (32.28%), Sugar: 62.55g (69.5%), Cholesterol: 15.16mg (5.05%), Sodium: 390.26mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 8.44g (16.87%), Manganese: 0.74mg (37.24%), Iron: 6.59mg (36.59%), Vitamin B6: 0.52mg (26.09%), Vitamin B2: 0.38mg (22.33%), Potassium: 767.48mg (21.93%), Phosphorus: 216.2mg (21.62%), Fiber: 5.17g (20.68%), Magnesium: 81.86mg (20.47%), Calcium: 174.96mg (17.5%), Copper: 0.35mg (17.38%), Vitamin K: 14.77µg (14.07%), Vitamin B1: 0.2mg (13.51%), Folate: 53.02µg (13.26%), Vitamin C: 10.27mg (12.44%), Vitamin B12: 0.68µg (11.35%), Vitamin B3: 2.23mg (11.13%), Vitamin B5: 1.01mg (10.14%), Selenium: 6.92µg (9.88%), Vitamin E: 1.43mg (9.53%), Vitamin D: 1.34µg (8.95%), Zinc: 1.23mg (8.2%), Vitamin A: 281.13IU (5.62%)