



Banana-Coconut Cream Dessert

 Gluten Free

READY IN



120 min.

SERVINGS



16

CALORIES



111 kcal

DESSERT

Ingredients

- 2 tablespoons sugar
- 0.3 cup butter firm
- 1 package vanilla pudding instant (4-serving size)
- 1.8 cups milk
- 2 medium banana sliced
- 2 cups whipped cream
- 0.5 cup coconut or shredded toasted
- 2 cups frangelico

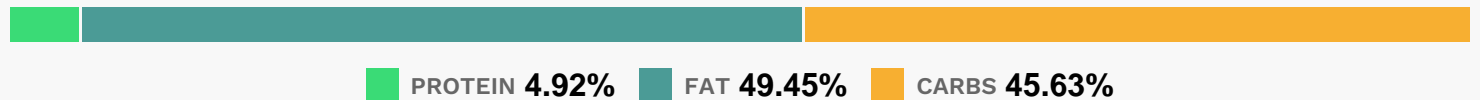
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 375°F.
- Mix Bisquick mix and sugar in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until crumbly. Press in bottom of ungreased square pan, 9x9x2 inches.
- Bake about 15 minutes or until light brown. Cool completely, about 30 minutes.
- Make pudding mix as directed on package for pudding, using 1 3/4 cups milk; spread over crust. Top with banana slices.
- Spread whipped cream over top.
- Sprinkle with coconut. Cover and refrigerate at least 1 hour but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:14.24, Glycemic Load:3.68, Inflammation Score:-2, Nutrition Score:2.1752173809902%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.28kcal (5.56%), Fat: 6.29g (9.68%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.42g (4.52%), Sugar: 10.1g (11.22%), Cholesterol: 8.9mg (2.97%), Sodium: 82.95mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin A: 230.92IU (4.62%), Calcium: 42.87mg

(4.29%), Phosphorus: 40.64mg (4.06%), Manganese: 0.08mg (3.95%), Vitamin B6: 0.08mg (3.76%), Potassium: 115.48mg (3.3%), Vitamin B2: 0.06mg (3.26%), Vitamin B12: 0.17µg (2.82%), Fiber: 0.64g (2.58%), Magnesium: 8.92mg (2.23%), Vitamin D: 0.32µg (2.16%), Vitamin B5: 0.18mg (1.82%), Vitamin C: 1.37mg (1.66%), Vitamin B1: 0.02mg (1.62%), Selenium: 1.08µg (1.54%), Vitamin E: 0.19mg (1.28%), Zinc: 0.19mg (1.25%), Copper: 0.02mg (1.24%)