

Banana Cream Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



119 kcal

FROSTING

ICING

Ingredients

- 1 banana very ripe mashed
- 3.5 ounce jello banana pudding mix instant
- 1 cup milk
- 2 tablespoons rum
- 8 ounce non-dairy whipped topping frozen thawed

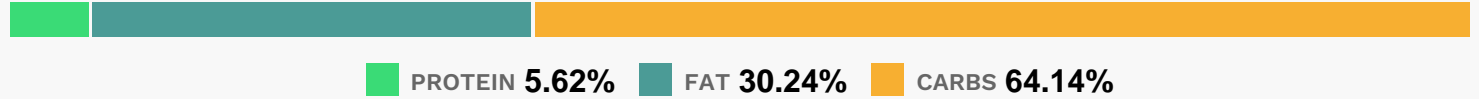
Equipment

- food processor
- bowl

Directions

- In a medium bowl or food processor, mix pudding, banana, milk and rum until very thick. Gently fold in whipped topping.
- Spread over any size cake.

Nutrition Facts



Properties

Glycemic Index:10.78, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:2.1234782882359%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.29kcal (5.96%), Fat: 3.85g (5.92%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 18.07g (6.57%), Sugar: 15.56g (17.29%), Cholesterol: 3.38mg (1.13%), Sodium: 174.49mg (7.59%), Alcohol: 1g (100%), Alcohol %: 1.77% (100%), Protein: 1.61g (3.22%), Phosphorus: 123.92mg (12.39%), Calcium: 47.3mg (4.73%), Vitamin B2: 0.06mg (3.71%), Vitamin B6: 0.06mg (3.14%), Vitamin B12: 0.18µg (2.97%), Potassium: 103.3mg (2.95%), Magnesium: 7.9mg (1.98%), Vitamin D: 0.27µg (1.79%), Manganese: 0.03mg (1.72%), Selenium: 1.21µg (1.72%), Vitamin B1: 0.02mg (1.48%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 63.86IU (1.28%), Vitamin C: 1.03mg (1.24%), Fiber: 0.31g (1.23%)