



## Banana Cream Pie Parfaits

READY IN



5 min.

SERVINGS



4

CALORIES



327 kcal

### Ingredients

- 1 banana ripe peeled sliced
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 32 vanilla wafers crushed
- 1 cup vanilla yogurt
- 4 servings whipped cream

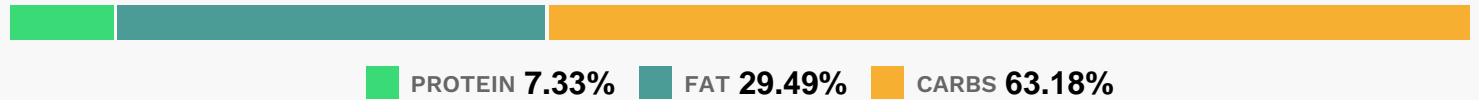
### Equipment

- blender

## Directions

- In a blender, combine vanilla yogurt, sliced banana, vanilla extract and blend until smooth.
- In tall glasses, arrange half of crushed cookies; add half of the banana mixture, then add with remaining crushed cookies and remaining banana mixture. Top with whipped cream and sift lightly with cocoa powder. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:46.69, Glycemic Load:30.18, Inflammation Score:-3, Nutrition Score:7.3647826806359%

## Flavonoids

Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 326.93kcal (16.35%), Fat: 11.06g (17.02%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 53.31g (17.77%), Net Carbohydrates: 50.49g (18.36%), Sugar: 27.89g (30.99%), Cholesterol: 8.1mg (2.7%), Sodium: 235.04mg (10.22%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Caffeine: 8.63mg (2.88%), Protein: 6.19g (12.38%), Vitamin B1: 0.24mg (16.11%), Vitamin B2: 0.27mg (15.82%), Phosphorus: 142.26mg (14.23%), Folate: 56.26µg (14.06%), Calcium: 117.18mg (11.72%), Manganese: 0.23mg (11.42%), Fiber: 2.83g (11.31%), Potassium: 347.37mg (9.92%), Magnesium: 37.26mg (9.31%), Copper: 0.17mg (8.72%), Vitamin B3: 1.6mg (8%), Vitamin B6: 0.14mg (7.15%), Vitamin B12: 0.34µg (5.7%), Selenium: 3.92µg (5.6%), Zinc: 0.83mg (5.54%), Vitamin B5: 0.46mg (4.65%), Vitamin C: 3.06mg (3.7%), Iron: 0.64mg (3.58%), Vitamin A: 86.32IU (1.73%)