

## Banana Cream Squares

READY IN



135 min.

SERVINGS



24

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter cold
- ☐ 17.5 oz sugar cookie mix
- ☐ 1 eggs slightly beaten
- ☐ 8 oz cream cheese softened
- ☐ 14 oz condensed milk sweetened canned
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 3.4 oz jello banana pudding mix instant
- ☐ 3 medium banana ripe sliced

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch baking dish with cooking spray.
- ☐ In medium bowl, cut butter into cookie mix using pastry blender or fork, until mixture is crumbly. Reserve 3/4 cup mixture for topping.
- ☐ Mix egg in remaining mixture until incorporated. Press crumbs evenly in bottom of dish.
- ☐ Bake 13 to 15 minutes or until light golden brown around the edges. Cool completely.
- ☐ In 15x10x1 inch pan, place the reserved topping crumbs in a thin layer.
- ☐ Bake 8 to 10 minutes, stirring occasionally or until light golden brown. Cool completely. Crumble into small pieces. Set aside.
- ☐ In 3-quart mixing bowl, beat cream cheese with electric mixer on medium speed, for 1 minute or until smooth.
- ☐ Add sweetened condensed milk. Beat until well blended. Beat in the whipped topping until smooth.
- ☐ Add the pudding mix and continue to beat for an additional 2 minutes or until everything is well combined.
- ☐ Spread 1/3 of the pudding mixture onto cooled base. Arrange bananas in a single layer over pudding. Top with remaining pudding mixture and refrigerate for 10 minutes or until set.
- ☐ Sprinkle the cookie crumbs over the pudding.
- ☐ To serve, cut into 24 squares, 4 rows by 6 rows, and serve individually.

## Nutrition Facts



**PROTEIN 5.21%** **FAT 38.91%** **CARBS 55.88%**

## Properties

Glycemic Index:5.95, Glycemic Load:7.26, Inflammation Score:-3, Nutrition Score:3.1121739110221%

## 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: 253.04kcal (12.65%), Fat: 11.1g (17.07%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 35.48g (12.9%), Sugar: 26.05g (28.95%), Cholesterol: 22.18mg (7.39%), Sodium: 224.09mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Phosphorus: 99.2mg (9.92%), Vitamin B2: 0.13mg (7.48%), Vitamin A: 366.56IU (7.33%), Calcium: 66.27mg (6.63%), Selenium: 4.23µg (6.04%), Potassium: 141.29mg (4.04%), Vitamin B6: 0.07mg (3.67%), Vitamin B5: 0.26mg (2.59%), Magnesium: 10.24mg (2.56%), Folate: 10.12µg (2.53%), Vitamin B1: 0.04mg (2.48%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.13µg (2.23%), Manganese: 0.04mg (2.14%), Vitamin C: 1.72mg (2.09%), Zinc: 0.26mg (1.73%), Fiber: 0.38g (1.53%), Vitamin B3: 0.24mg (1.18%), Iron: 0.2mg (1.12%)