



Banana Cream Trifle

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



465 kcal

Ingredients

- ☐ 1 package vanilla pudding instant (4-serving size)
- ☐ 2 cups milk cold
- ☐ 16 ounces banana bread frozen thawed cut into 1-inch cubes (6 cups) quick
- ☐ 3 medium banana sliced
- ☐ 8 ounces cool whip frozen thawed

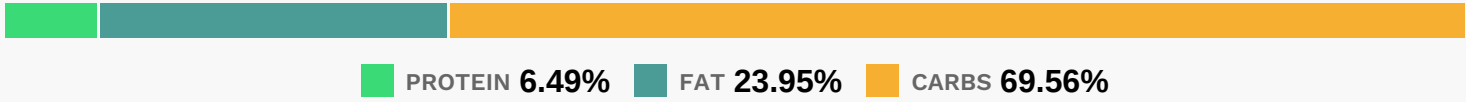
Equipment

- ☐ bowl

Directions

- ☐ Make pudding mix in large bowl as directed on package for pudding, using 2 cups milk.
- ☐ Layer half of the bread cubes, pudding, banana slices and whipped topping in 2-quart serving bowl; repeat.
- ☐ Cover and refrigerate until serving but no longer than 24 hours. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.46, Glycemic Load:7.97, Inflammation Score:-5, Nutrition Score:11.300434724144%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 464.72kcal (23.24%), Fat: 12.69g (19.52%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 82.94g (27.65%), Net Carbohydrates: 80.32g (29.21%), Sugar: 29.85g (33.17%), Cholesterol: 48.32mg (16.11%), Sodium: 388.62mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Vitamin B2: 0.54mg (31.92%), Vitamin B6: 0.43mg (21.3%), Selenium: 12.56µg (17.94%), Vitamin B12: 1.07µg (17.9%), Vitamin B1: 0.25mg (16.65%), Phosphorus: 165mg (16.5%), Manganese: 0.32mg (16.09%), Calcium: 160.49mg (16.05%), Potassium: 478.55mg (13.67%), Vitamin A: 608.37IU (12.17%), Folate: 43.17µg (10.79%), Fiber: 2.61g (10.45%), Magnesium: 39.3mg (9.82%), Vitamin B3: 1.71mg (8.54%), Vitamin C: 6.42mg (7.78%), Vitamin B5: 0.7mg (7.03%), Iron: 1.24mg (6.87%), Vitamin D: 0.89µg (5.96%), Copper: 0.11mg (5.59%), Zinc: 0.81mg (5.38%)