



## Banana OREO® Pudding

READY IN



200 min.

SERVINGS



20

CALORIES



105 kcal

### Ingredients

- 2 bananas sliced
- 3 cups milk cold
- 2 pkg oreo cookies 'n creme flavor pudding instant (4-serving size each)
- 20 oreo cookies coarsely chopped
- 2 cups cool whip whipped topping thawed

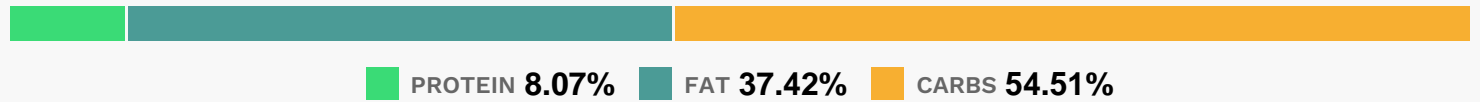
### Equipment

- bowl
- whisk

## Directions

- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended.
- Let stand 5 minutes.
- Place chopped cookies in bottom of 2-quart serving bowl.
- Add layers of half each of the banana slices and pudding. Repeat layers of banana slices and pudding. Cover with whipped topping.
- Refrigerate 3 hours or until ready to serve. Store leftover pudding in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.64, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:3.2908695780713%

## 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: 105.41kcal (5.27%), Fat: 4.5g (6.93%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 14.1g (5.13%), Sugar: 9.89g (10.99%), Cholesterol: 4.54mg (1.51%), Sodium: 66.37mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Iron: 1.5mg (8.35%), Manganese: 0.12mg (5.77%), Phosphorus: 56.37mg (5.64%), Vitamin B2: 0.09mg (5.57%), Calcium: 53.47mg (5.35%), Potassium: 133.03mg (3.8%), Vitamin K: 3.72µg (3.55%), Vitamin B12: 0.21µg (3.54%), Vitamin B6: 0.07mg (3.5%), Magnesium: 13.79mg (3.45%), Vitamin B1: 0.05mg (3.3%), Vitamin D: 0.4µg (2.68%), Fiber: 0.66g (2.63%), Copper: 0.05mg (2.54%), Folate: 9.97µg (2.49%), Vitamin E: 0.37mg (2.44%), Selenium: 1.62µg (2.32%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.26mg (1.77%), Vitamin A: 72.64IU (1.45%), Vitamin C: 1.03mg (1.24%)