



Banana Pudding III

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



383 kcal

Ingredients

- ☐ 3 bananas sliced
- ☐ 2 cups heavy cream
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 0.5 cup juice of lemon
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 36 vanilla wafers
- ☐ 1.5 cups water cold

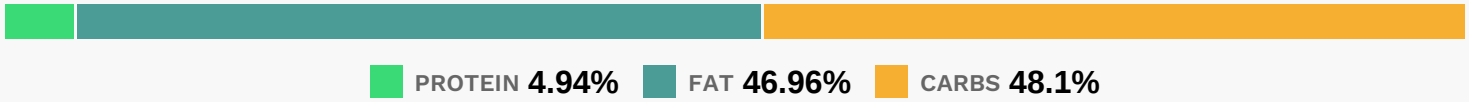
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, stir together condensed milk and water. Beat in pudding mix until smooth. Chill in refrigerator 5 minutes.
- ☐ In a separate bowl, whip cream until stiff peaks form. Fold whipped cream into chilled pudding mixture.
- ☐ Dip sliced bananas in lemon juice. Shake off excess.
- ☐ In a 2 1/2 quart serving bowl, spoon 1 cup pudding mixture. Top with one-third each of the wafers, bananas and remaining pudding. Repeat layers twice. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:16.06, Glycemic Load:24.18, Inflammation Score:-5, Nutrition Score:6.3165217119714%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 383.13kcal (19.16%), Fat: 20.48g (31.51%), Saturated Fat: 12.01g (75.06%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 46.12g (16.77%), Sugar: 35.07g (38.96%), Cholesterol: 56.25mg (18.75%), Sodium: 177.96mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Vitamin B2: 0.28mg (16.33%), Vitamin A: 690.9IU (13.82%), Calcium: 123.49mg (12.35%), Phosphorus: 121.71mg (12.17%), Selenium: 6.46µg (9.23%), Vitamin C: 7.6mg (9.21%), Potassium: 293.2mg (8.38%), Vitamin B1: 0.12mg (8.33%), Folate: 29µg (7.25%), Vitamin B6: 0.14mg (7.18%), Magnesium: 20.25mg (5.06%), Vitamin D: 0.7µg (4.67%), Vitamin B5: 0.46mg (4.61%), Fiber: 1.1g (4.39%), Manganese: 0.08mg (4.19%), Vitamin B3: 0.77mg (3.84%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.46mg (3.08%), Zinc: 0.46mg (3.07%), Copper: 0.04mg (2.02%), Vitamin K: 1.62µg (1.54%), Iron: 0.19mg (1.08%)