



WHATSheATE



Banana Pudding IV

READY IN



210 min.

SERVINGS



15

CALORIES



370 kcal

Ingredients

- ☐ 4 bananas sliced
- ☐ 8 ounce cream cheese
- ☐ 5 ounce vanilla pudding mix instant
- ☐ 3 cups milk cold
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounce vanilla wafers
- ☐ 8 ounce non-dairy whipped topping frozen thawed

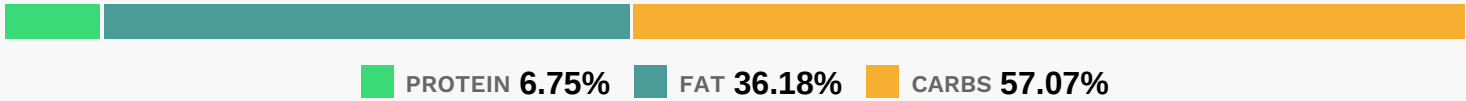
Equipment

☐ bowl

Directions

- ☐ In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth. Fold in 1/2 of the whipped topping.
- ☐ Line the bottom of a 9x13 inch dish with vanilla wafers. Arrange sliced bananas evenly over wafers.
- ☐ Spread with pudding mixture. Top with remaining whipped topping. Chill.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:25.87, Inflammation Score:-3, Nutrition Score:6.760434842628%

Flavonoids

Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 370.37kcal (18.52%), Fat: 15.13g (23.28%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 52.51g (19.09%), Sugar: 39.42g (43.79%), Cholesterol: 30.65mg (10.22%), Sodium: 262.03mg (11.39%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.36g (12.71%), Vitamin B2: 0.3mg (17.79%), Calcium: 162.65mg (16.26%), Phosphorus: 160.25mg (16.03%), Vitamin B1: 0.16mg (10.85%), Selenium: 6.91µg (9.87%), Potassium: 340.58mg (9.73%), Vitamin B6: 0.17mg (8.52%), Folate: 30.98µg (7.74%), Vitamin A: 384.09IU (7.68%), Vitamin B12: 0.44µg (7.39%), Magnesium: 23.68mg (5.92%), Vitamin B5: 0.57mg (5.72%), Fiber: 1.19g (4.77%), Vitamin B3: 0.94mg (4.68%), Manganese: 0.09mg (4.58%), Vitamin C: 3.43mg (4.15%), Zinc: 0.59mg (3.93%), Vitamin D: 0.59µg (3.93%), Vitamin E: 0.3mg (2.03%), Copper: 0.04mg (1.77%), Vitamin K: 1.26µg (1.2%)