



Banana Pudding Parfaits

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

Ingredients

- 1 banana cut into 20 slices
- 3.4 oz jell-o banana cream flavor pudding instant
- 2 cups milk cold
- 24 vanilla wafers divided
- 0.8 cup cool whip whipped topping thawed

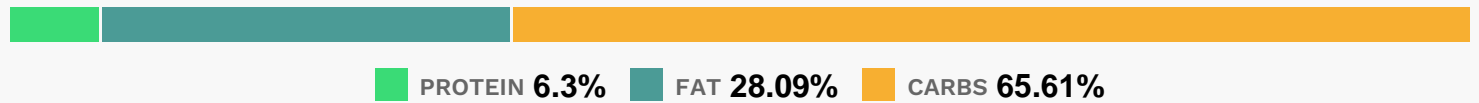
Equipment

- bowl
- whisk

Directions

- Crush 20 wafers to form coarse crumbs. Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Reserve 4 banana slices for garnish.
- Layer half each of the wafer crumbs and remaining bananas evenly in 4 dessert dishes; repeat layers.
- Refrigerate 15 min. Top with remaining wafers and reserved banana slices just before serving.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:1.0417391382482%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg

Nutrients (% of daily need)

Calories: 51.43kcal (2.57%), Fat: 1.63g (2.51%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.42g (3.06%), Sugar: 5.68g (6.31%), Cholesterol: 2.04mg (0.68%), Sodium: 75.03mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Phosphorus: 46.53mg (4.65%), Vitamin B2: 0.04mg (2.24%), Calcium: 21.73mg (2.17%), Vitamin B1: 0.03mg (2.06%), Vitamin B12: 0.09µg (1.53%), Potassium: 44.89mg (1.28%), Folate: 5.07µg (1.27%), Vitamin B6: 0.02mg (1.24%), Vitamin D: 0.18µg (1.19%)