



Banana Pudding Shots

 Vegetarian

READY IN



95 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box vanilla pudding instant (4-serving size) (not)
- 1.5 teaspoons vanilla
- 1.3 cups cool whip frozen thawed
- 48 vanilla wafers miniature
- 2 small banana thinly sliced
- 10 vanilla wafers miniature crushed
- 2 cups frangelico

Equipment

- bowl
- sauce pan
- ziploc bags

Directions

- In 2-quart saucepan, stir pudding mix and half-and-half. Cook over medium heat, stirring constantly, until thickened. Stir in vanilla.
- Remove from heat; pour into medium bowl. Cover; refrigerate about 1 hour or until chilled.
- Spoon pudding into 1-gallon resealable food-storage plastic bag; seal bag. Spoon whipped topping into 1-quart resealable food-storage plastic bag; seal bag.
- Cut 1/8-inch opening diagonally across bottom corner of each bag.
- In bottom of each of 24 (2-oz) shot glasses, place 1 cookie. In each glass, pipe about 2 teaspoons pudding over cookie. Top with 1 banana slice. Pipe about 2 teaspoons whipped topping over banana. Repeat layers.
- Sprinkle with crushed cookies.
- Serve immediately or refrigerate up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:8.94, Inflammation Score:-1, Nutrition Score:1.1478260770116%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg 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: 96.18kcal (4.81%), Fat: 2.76g (4.25%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.81g (6.11%), Sugar: 9.44g (10.49%), Cholesterol: 0.77mg (0.26%), Sodium: 86.61mg (3.77%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Protein: 0.8g (1.6%), Vitamin B1: 0.07mg (4.62%), Vitamin B2: 0.06mg (3.79%), Folate: 15.11µg (3.78%), Vitamin B3: 0.45mg (2.24%), Fiber: 0.46g (1.85%), Vitamin B6: 0.04mg (1.79%), Potassium: 47.7mg (1.36%), Manganese: 0.02mg (1.18%), Phosphorus: 10.69mg (1.07%)