



## Banana Pudding Shots

READY IN



95 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 small banana thinly sliced
- 2 cups half and half
- 1.5 teaspoons vanilla
- 1 box vanilla pudding instant (4-serving size) (not )
- 10 vanilla wafers miniature crushed
- 48 vanilla wafers miniature
- 1.3 cups non-dairy whipped topping frozen thawed

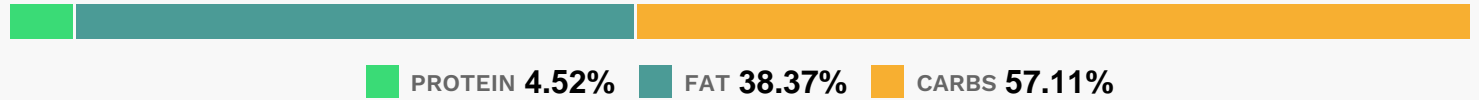
### Equipment

- 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:1.6234782571378%

## 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: 125.53kcal (6.28%), Fat: 5.4g (8.3%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 17.63g (6.41%), Sugar: 10.57g (11.74%), Cholesterol: 7.28mg (2.43%), Sodium: 98.91mg (4.3%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 1.43g (2.86%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.69%), Folate: 15.17µg (3.79%), Phosphorus: 30.09mg (3.01%), Calcium: 25mg (2.5%), Vitamin B3: 0.46mg (2.3%), Potassium: 74.05mg (2.12%), Vitamin B6: 0.04mg (2.09%), Fiber: 0.45g (1.78%), Vitamin A: 79.67IU (1.59%),

Selenium: 0.86µg (1.23%), Manganese: 0.02mg (1.19%), Magnesium: 4.59mg (1.15%), Vitamin C: 0.91mg (1.11%)