Banana Pudding Squares

READY IN	SERVINGS	CALORIES
210 min.	30	107 kcal

DESSERT

Ingredients

- [ ] 3 bananas sliced
- [ ] 3 cups milk fat-free cold
- [ ] 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- [ ] 0.3 cup butter melted
- [ ] 8 oz philadelphia neufchatel cheese softened
- [ ] 0.5 cup powdered sugar
- [ ] 0.5 oz baker's semi-sweet chocolate grated
- [ ] 1.3 cups vanilla wafers crushed reduced-fat finely
- [ ] 8 oz cool whip whipped topping sugar free divided thawed

Equipment

- [ ] bowl
- [ ] whisk

Directions

- [ ] Combine wafer crumbs and margarine; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.

- [ ] Beat Neufchatel and sugar in medium bowl with whisk until blended. Stir in 1-1/2 cups COOL WHIP; spread over crust. Top with bananas.

- [ ] Beat pudding mixes and milk with whisk 2 min.; spread over bananas. Top with remaining COOL WHIP and chocolate. Refrigerate 3 hours.

Nutrition Facts

| PROTEIN 7.77% | FAT 43.48% | CARBS 48.75% |

Properties

Glycemic Index:6.4, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:2.1439130202584%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg 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: 107.35kcal (5.37%), Fat: 5.28g (8.12%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.9g (4.69%), Sugar: 9.78g (10.87%), Cholesterol: 6.55mg (2.18%), Sodium: 89.21mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Phosphorus: 48.46mg (4.85%), Calcium: 48.12mg (4.81%), Vitamin B2: 0.07mg (4.2%), Vitamin A: 194.61IU (3.89%), Potassium: 110.03mg (3.14%), Vitamin B6: 0.06mg (3.12%), Vitamin B12: 0.18µg (3.04%), Vitamin B1: 0.04mg (2.68%), Magnesium: 8.3mg (2.07%), Folate: 8.19µg (2.05%), Manganese: 0.04mg (2%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.17mg (1.73%), Fiber: 0.42g (1.68%), Selenium: 1.08µg (1.55%), Zinc: 0.21mg (1.4%), Vitamin B3: 0.25mg (1.27%), Vitamin C: 1.03mg (1.25%)