



## Banana Pudding V

READY IN



40 min.

SERVINGS



18

CALORIES



240 kcal

DESSERT

### Ingredients

- 7 bananas sliced
- 11 ounce grands flaky refrigerator biscuits
- 8 ounce lite cream sour
- 3 ounce vanilla pudding mix sugar-free instant
- 8 ounce lowfat cream cheese softened
- 5 cups nonfat milk
- 0.5 packet artificial sweetener
- 1 teaspoon vanilla extract
- 8 ounce lite whipped topping frozen thawed

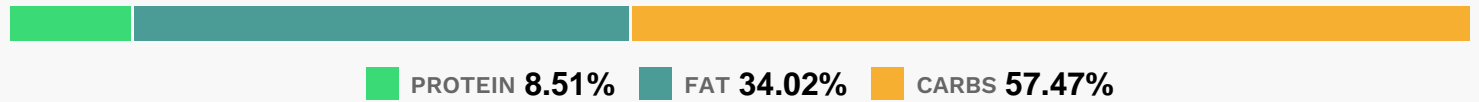
# Equipment

bowl

# Directions

- In a medium bowl, beat cream cheese with sour cream. Stir in whipped topping and vanilla. Set aside.
- In a large bowl, combine pudding mix, sweetener and milk. Stir until sugar and mix are dissolved.
- Combine with cheese mixture.
- In a large glass serving dish, layer pudding mixture, wafers and bananas until all ingredients are used. Chill until serving.

# Nutrition Facts



# Properties

Glycemic Index:9.17, Glycemic Load:15.75, Inflammation Score:-3, Nutrition Score:6.2408695661503%

# Flavonoids

Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 240.03kcal (12%), Fat: 9.24g (14.22%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 33.69g (12.25%), Sugar: 18.68g (20.76%), Cholesterol: 16.7mg (5.57%), Sodium: 358.73mg (15.6%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 5.2g (10.4%), Calcium: 132.47mg (13.25%), Vitamin B2: 0.22mg (12.85%), Phosphorus: 128.26mg (12.83%), Vitamin B6: 0.22mg (11.06%), Potassium: 352.41mg (10.07%), Vitamin B12: 0.56µg (9.37%), Vitamin B1: 0.14mg (9.01%), Folate: 29.31µg (7.33%), Vitamin A: 325.57IU (6.51%), Manganese: 0.13mg (6.46%), Magnesium: 23.73mg (5.93%), Fiber: 1.44g (5.74%), Vitamin B5: 0.55mg (5.45%), Vitamin D: 0.79µg (5.24%), Vitamin C: 4.11mg (4.98%), Selenium: 3.09µg (4.42%), Vitamin B3: 0.88mg (4.38%), Zinc: 0.5mg (3.34%), Copper: 0.04mg (2.24%), Vitamin E: 0.19mg (1.27%)