



## Banana Trifle

READY IN



30 min.

SERVINGS



12

CALORIES



651 kcal

DESSERT

### Ingredients

- 2 banana chopped
- 1 cup powdered sugar
- 4 cups cup heavy whipping cream
- 7 ounce jello banana pudding mix instant
- 1 quart milk cold
- 12 ounce round cake cubed prepared
- 4 teaspoons vanilla extract
- 12 ounce vanilla wafers crushed nilla® (such as )

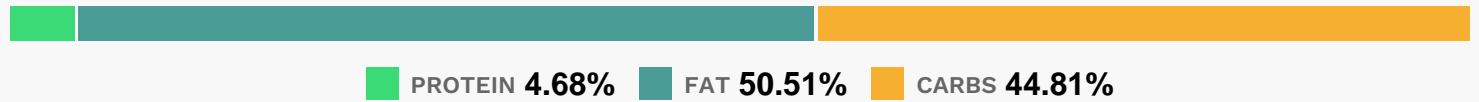
# Equipment

- bowl
- whisk

# Directions

- Whisk pudding mix with milk until smooth. Stir in chopped bananas; set aside.
- In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to over-beat, or cream will become lumpy and butter-like.
- Layer half the pound cake cubes, half the pudding, half the whipped cream, and half the crushed vanilla wafers in a trifle bowl. Repeat with the remaining cake, pudding, and whipped cream, and top with the remaining crushed wafers. Chill in the refrigerator until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:14.15, Glycemic Load:19.23, Inflammation Score:-7, Nutrition Score:10.210869415947%

# Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 651.17kcal (32.56%), Fat: 37.03g (56.96%), Saturated Fat: 21.59g (134.96%), Carbohydrates: 73.92g (24.64%), Net Carbohydrates: 72.87g (26.5%), Sugar: 50.48g (56.09%), Cholesterol: 128.31mg (42.77%), Sodium: 590.38mg (25.67%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Protein: 7.72g (15.44%), Phosphorus: 313.78mg (31.38%), Vitamin A: 1350.2IU (27%), Vitamin B2: 0.42mg (24.56%), Calcium: 171.43mg (17.14%), Vitamin B1: 0.25mg (16.96%), Vitamin D: 2.19µg (14.62%), Folate: 45.38µg (11.34%), Vitamin B12: 0.62µg (10.37%), Selenium: 6.85µg (9.78%), Potassium: 320.6mg (9.16%), Vitamin B6: 0.16mg (8.17%), Vitamin B3: 1.55mg (7.77%), Vitamin B5: 0.7mg (6.99%), Manganese: 0.12mg (6.09%), Magnesium: 23.94mg (5.98%), Vitamin E: 0.86mg (5.71%), Iron: 0.93mg (5.16%), Zinc: 0.7mg (4.65%), Fiber: 1.05g (4.2%), Vitamin K: 2.93µg (2.79%), Vitamin C: 2.19mg (2.65%), Copper: 0.05mg (2.38%)