

Best Banana Pudding

READY IN



25 min.

SERVINGS



20

CALORIES



323 kcal

Ingredients

- 14 banana sliced
- 5 ounce vanilla pudding instant
- 2 cups milk cold
- 14 ounce condensed milk sweetened canned
- 1 tablespoon vanilla extract
- 16 ounce vanilla wafers
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

mixing bowl

Directions

In a large mixing bowl, beat pudding mix and milk 2 minutes. Blend in condensed milk until smooth. Stir in vanilla and fold in whipped topping.

Layer wafers, bananas and pudding mixture in a glass serving bowl. Chill until serving.

Nutrition Facts



PROTEIN 5.67% **FAT 24.35%** **CARBS 69.98%**

Properties

Glycemic Index:11.54, Glycemic Load:28.68, Inflammation Score:-3, Nutrition Score:7.0552173386449%

Flavonoids

Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 323.47kcal (16.17%), Fat: 8.98g (13.82%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 55.56g (20.2%), Sugar: 38.93g (43.26%), Cholesterol: 10.24mg (3.41%), Sodium: 183.78mg (7.99%), Alcohol: 0.22g (100%), Alcohol %: 0.16% (100%), Protein: 4.71g (9.42%), Vitamin B6: 0.33mg (16.59%), Vitamin B2: 0.25mg (14.44%), Potassium: 444.54mg (12.7%), Phosphorus: 115.32mg (11.53%), Manganese: 0.23mg (11.36%), Vitamin B1: 0.16mg (10.39%), Calcium: 103mg (10.3%), Fiber: 2.51g (10.03%), Folate: 39.17µg (9.79%), Vitamin C: 7.7mg (9.34%), Magnesium: 31.66mg (7.91%), Selenium: 4.7µg (6.71%), Vitamin B3: 1.23mg (6.13%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.25µg (4.22%), Copper: 0.07mg (3.57%), Vitamin A: 157.96IU (3.16%), Zinc: 0.43mg (2.86%), Vitamin D: 0.31µg (2.05%), Iron: 0.28mg (1.53%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.15µg (1.09%)