



Black & White Banana Pudding

READY IN



195 min.

SERVINGS



15

CALORIES



92 kcal

Ingredients

- 1 large banana sliced
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 1.8 cups milk cold
- 24 vanilla wafers divided
- 2 cups cool whip whipped topping thawed

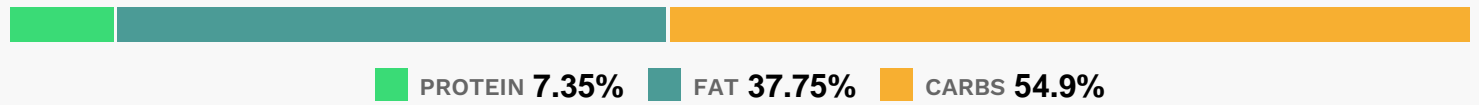
Equipment

- bowl
- whisk

Directions

- Pour milk into large bowl.
- Add dry pudding mix. Beat with wire whisk 2 min. or until well blended.
- Let stand 5 min.
- Arrange half of the wafers on bottom of 1-1/2-qt. serving bowl; top with half each of the pudding, banana slices and whipped topping. Repeat layers.
- Refrigerate at least 3 hours or until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:1.8882609009743%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg 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: 92.15kcal (4.61%), Fat: 3.92g (6.03%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.46g (4.53%), Sugar: 7.91g (8.79%), Cholesterol: 3.71mg (1.24%), Sodium: 57.65mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin B2: 0.08mg (4.53%), Calcium: 42.58mg (4.26%), Phosphorus: 42.23mg (4.22%), Vitamin B1: 0.06mg (4.07%), Vitamin B12: 0.17µg (2.9%), Potassium: 93.48mg (2.67%), Folate: 10.56µg (2.64%), Vitamin B6: 0.05mg (2.63%), Vitamin D: 0.31µg (2.09%), Vitamin B3: 0.35mg (1.75%), Magnesium: 6.59mg (1.65%), Fiber: 0.37g (1.49%), Vitamin B5: 0.14mg (1.36%), Manganese: 0.03mg (1.29%), Selenium: 0.87µg (1.25%), Vitamin A: 59.32IU (1.19%)