



## Blueberry-Banana Pudding Parfait

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



65 kcal

### Ingredients

- 2 Tbsp planters almonds sliced
- 2 medium bananas
- 1 cup blueberries
- 0.3 cup cool whip free whipped topping thawed
- 2 cups milk fat-free cold
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)

### Equipment

- bowl
- whisk

## Directions

- Pour milk into medium bowl.
- Add pudding mix. Beat with wire whisk 2 minutes or until well blended. Cover. Refrigerate 5 minutes.
- Meanwhile, chop bananas; toss with blueberries.
- Spoon 1/4 cup of the pudding into each parfait glass. Cover each with layers of 1/4 of the fruit mixture and remaining pudding. Top evenly with whipped topping and almonds.

## Nutrition Facts

**PROTEIN 10.12%** **FAT 11.54%** **CARBS 78.34%**

## Properties

Glycemic Index:9.2, Glycemic Load:2.76, Inflammation Score:-2, Nutrition Score:2.6621739112813%

## Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 64.57kcal (3.23%), Fat: 0.86g (1.33%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.34g (4.49%), Sugar: 9.89g (10.99%), Cholesterol: 1.18mg (0.39%), Sodium: 55.2mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Manganese: 0.11mg (5.38%), Calcium: 49.76mg (4.98%), Vitamin B2: 0.08mg (4.83%), Phosphorus: 46.99mg (4.7%), Vitamin B6: 0.09mg (4.26%), Potassium: 130.88mg (3.74%), Vitamin B12: 0.21µg (3.47%), Fiber: 0.86g (3.42%), Magnesium: 12.46mg (3.12%), Vitamin C: 2.33mg (2.82%), Vitamin E: 0.41mg (2.76%), Vitamin D: 0.36µg (2.4%), Vitamin B1: 0.03mg (2.09%), Vitamin K: 1.99µg (1.89%), Vitamin B5: 0.19mg (1.88%), Copper: 0.03mg (1.69%), Vitamin A: 84.24IU (1.68%), Zinc: 0.23mg (1.55%), Selenium: 0.97µg (1.39%), Folate: 5.19µg (1.3%), Vitamin B3: 0.24mg (1.19%)