



Caramel-Coconut Banana Pudding

 Vegetarian

READY IN



9 min.

SERVINGS



8

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 3 medium size bananas ripe
- ☐ 0.3 cup caramel topping fat-free
- ☐ 3.4 ounce banana cream pudding mix instant
- ☐ 0.8 cup coconut milk light
- ☐ 0.8 cup milk 1% low-fat
- ☐ 2 tablespoons coconut or sweetened flaked toasted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 16 vanilla wafers reduced-fat

☐ 2 cups non-dairy whipped topping fat-free frozen thawed

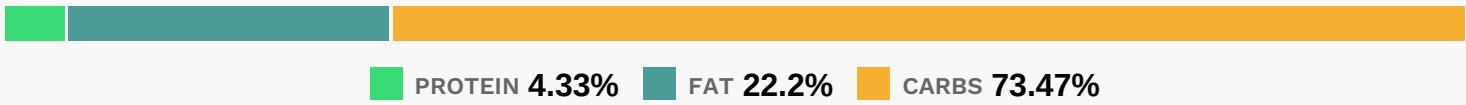
Equipment

- ☐ bowl
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl. Beat with a mixer at medium speed for 2 minutes or until mixture begins to thicken.
- ☐ Arrange wafers on bottom of an 8-inch square baking dish. Peel and slice bananas. Arrange half of banana slices over wafers.
- ☐ Spread half of pudding mixture over banana slices, and top with remaining banana slices.
- ☐ Spread remaining pudding over banana slices.
- ☐ Spread whipped topping over pudding. Cover and refrigerate 8 hours.
- ☐ Drizzle caramel topping over pudding, and sprinkle with coconut before serving.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:11.52, Inflammation Score:-2, Nutrition Score:4.530434805414%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg 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: 226.03kcal (11.3%), Fat: 5.71g (8.79%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.71g (14.8%), Sugar: 28.25g (31.39%), Cholesterol: 4.23mg (1.41%), Sodium: 197.57mg (8.59%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 2.51g (5.02%), Vitamin B2: 0.21mg (12.3%), Vitamin B6: 0.2mg (9.99%), Manganese: 0.16mg (8.02%), Fiber: 1.83g (7.33%), Vitamin B12: 0.43µg (7.09%), Vitamin B1: 0.1mg (7%), Potassium: 244.52mg (6.99%), Folate: 23.29µg (5.82%), Phosphorus: 57.01mg (5.7%), Calcium: 54.82mg

(5.48%), Vitamin C: 3.89mg (4.71%), Magnesium: 18.36mg (4.59%), Vitamin B3: 0.73mg (3.63%), Selenium: 2.27µg (3.24%), Copper: 0.05mg (2.59%), Vitamin B5: 0.24mg (2.44%), Vitamin A: 110.85IU (2.22%), Zinc: 0.25mg (1.66%), Vitamin D: 0.24µg (1.62%), Iron: 0.19mg (1.03%)