



Chocolate-Banana Graham Refrigerator "Cake"

READY IN



270 min.

SERVINGS



30

CALORIES



61 kcal

Ingredients

- 1 banana chopped
- 11 graham crackers divided (22 squares)
- 3.9 oz jell-o chocolate flavor pudding instant
- 1 cup milk cold
- 8 oz cool whip whipped topping divided thawed

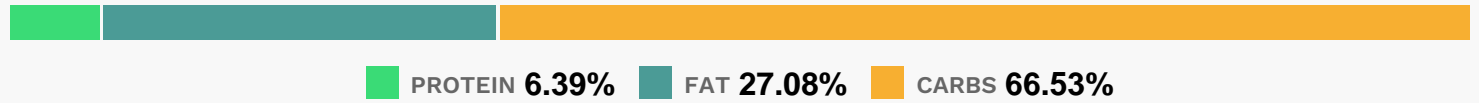
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP and bananas.
- Spread 1 rounded Tbsp. pudding mixture onto each of 20 graham squares. Stack grahams together, then stand on edge on serving platter to make 8-1/2-inch loaf. Frost with remaining COOL WHIP. Crush remaining graham squares; sprinkle over loaf.
- Refrigerate 4 hours.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:1.1073913030002%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg

Nutrients (% of daily need)

Calories: 61.01kcal (3.05%), Fat: 1.85g (2.84%), Saturated Fat: 1.12g (7%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.8g (3.56%), Sugar: 6.34g (7.04%), Cholesterol: 1.13mg (0.38%), Sodium: 95.07mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Phosphorus: 27.7mg (2.77%), Vitamin B2: 0.04mg (2.07%), Calcium: 20.07mg (2.01%), Magnesium: 7.25mg (1.81%), Fiber: 0.41g (1.64%), Iron: 0.28mg (1.54%), Potassium: 51.7mg (1.48%), Vitamin B6: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.29%), Manganese: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.22%), Zinc: 0.17mg (1.13%)