



Chocolate Banana Parfaits

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



251 kcal

Ingredients

- 2 bananas sliced
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 0.5 cup cool whip whipped topping thawed

Equipment

- whisk

Directions

- Beat pudding mix and milk with whisk 2 min.
- Spoon half the pudding evenly into 4 dessert glasses.
- Layer with banana slices, COOL WHIP and remaining pudding.
- Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:8.69, Inflammation Score:-4, Nutrition Score:7.9334781791853%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 251.19kcal (12.56%), Fat: 5.85g (9%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 43.13g (15.68%), Sugar: 34.04g (37.82%), Cholesterol: 14.83mg (4.94%), Sodium: 448.69mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Phosphorus: 163.04mg (16.3%), Calcium: 162.98mg (16.3%), Vitamin B6: 0.3mg (14.81%), Vitamin B2: 0.24mg (13.83%), Potassium: 468.92mg (13.4%), Manganese: 0.27mg (13.28%), Vitamin B12: 0.68µg (11.29%), Magnesium: 43.66mg (10.92%), Fiber: 2.53g (10.12%), Vitamin D: 1.34µg (8.95%), Copper: 0.15mg (7.3%), Vitamin B5: 0.66mg (6.59%), Vitamin C: 5.13mg (6.22%), Vitamin B1: 0.09mg (6.08%), Selenium: 3.82µg (5.46%), Zinc: 0.77mg (5.13%), Vitamin A: 242.34IU (4.85%), Folate: 12.91µg (3.23%), Vitamin B3: 0.59mg (2.97%), Iron: 0.52mg (2.89%), Vitamin K: 1.38µg (1.31%), Vitamin E: 0.19mg (1.24%)