



## Chocolate-Banana Split

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



25 kcal

### Ingredients

- 2 bananas sliced
- 2 cups milk fat-free cold
- 2.1 oz jell-o chocolate flavor pudding fat free sugar free instant
- 1 Tbsp planters walnuts chopped
- 0.5 cup cool whip lite whipped topping thawed

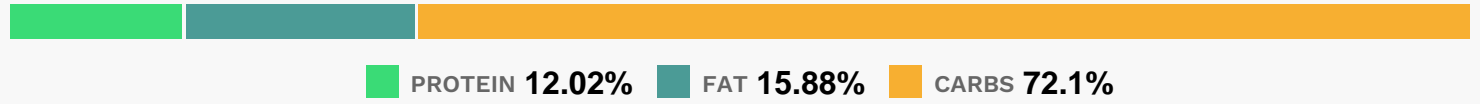
### Equipment

- whisk

## Directions

- Beat milk and pudding mix with whisk 2 min.; spoon 1/2 evenly into 4 dessert dishes.
- Top with bananas and remaining pudding.
- Refrigerate 15 min. Top with COOL WHIP and nuts.

## Nutrition Facts



## Properties

Glycemic Index:3.6, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.0843478211242%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 25.04kcal (1.25%), Fat: 0.46g (0.7%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.43g (3.82%), Cholesterol: 0.51mg (0.17%), Sodium: 36.04mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Calcium: 23.41mg (2.34%), Phosphorus: 22.71mg (2.27%), Vitamin B6: 0.04mg (2.03%), Manganese: 0.04mg (2.02%), Potassium: 62.86mg (1.8%), Vitamin B2: 0.03mg (1.76%), Vitamin B12: 0.1µg (1.62%), Magnesium: 5.59mg (1.4%), Vitamin D: 0.18µg (1.2%), Fiber: 0.3g (1.19%)