



Chocolate-Peanut Butter Banana Pudding

READY IN



10 min.

SERVINGS



12

CALORIES



265 kcal

Ingredients

- ☐ 6 small bananas divided
- ☐ 42 chocolate wafers divided reduced-fat
- ☐ 0.3 cup creamy peanut butter spread reduced-fat
- ☐ 2 cups milk fat-free
- ☐ 8 ounce carton nonfat cream sour
- ☐ 8 ounce carton nonfat whipped topping frozen thawed
- ☐ 3.4 ounce vanilla pudding mix fat-free french instant

Equipment

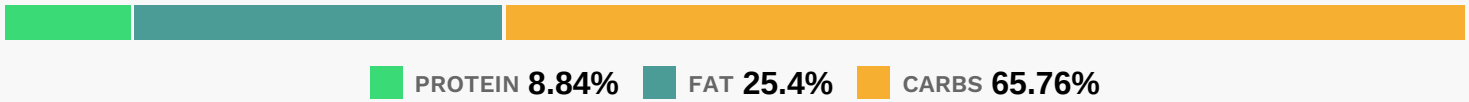
- ☐ whisk

☐ hand mixer

Directions

- ☐ Prepare pudding mix according to package directions, using a whisk and 2 cups fat-free milk. (Do not use an electric mixer.)
- ☐ Add peanut butter and sour cream, stirring well with a wire whisk. Set aside.
- ☐ Line bottom of a 2 1/2-quart casserole with 14 chocolate wafers. Peel and slice 4 bananas. Top wafers with one-third each of pudding mixture, banana slices, and whipped topping. Repeat layers twice using remaining wafers, pudding mixture, banana slices, and whipped topping. Cover and chill at least 2 hours. To garnish, peel and slice remaining 2 bananas; arrange slices around outer edges of dish.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:13.63, Inflammation Score:-4, Nutrition Score:8.4913043379784%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 265.13kcal (13.26%), Fat: 7.82g (12.03%), Saturated Fat: 2.24g (14%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 43.06g (15.66%), Sugar: 26.3g (29.22%), Cholesterol: 6.37mg (2.12%), Sodium: 261.05mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Manganese: 0.39mg (19.47%), Vitamin B2: 0.31mg (18.02%), Vitamin B6: 0.28mg (13.93%), Phosphorus: 137.78mg (13.78%), Magnesium: 45.18mg (11.29%), Calcium: 110.88mg (11.09%), Potassium: 379.9mg (10.85%), Vitamin B3: 2.02mg (10.1%), Fiber: 2.49g (9.98%), Vitamin B12: 0.59µg (9.87%), Copper: 0.18mg (8.79%), Vitamin B1: 0.13mg (8.44%), Folate: 32.24µg (8.06%), Selenium: 4.45µg (6.36%), Iron: 1.11mg (6.16%), Vitamin E: 0.87mg (5.81%), Zinc: 0.83mg (5.5%), Vitamin C: 4.39mg (5.33%), Vitamin B5: 0.47mg (4.7%), Vitamin A: 199.41IU (3.99%), Vitamin D: 0.45µg (2.99%)