



Deep-Dish Layered Banana Pudding

READY IN



225 min.

SERVINGS



45

CALORIES



114 kcal

DESSERT

Ingredients

- 1 lb bananas sliced
- 0.3 cup brown sugar packed
- 3 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 0.3 cup granulated sugar
- 1 tsp ground cinnamon
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 0.5 cup planters pecans chopped

- 46 vanilla wafers divided
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Heat oven to 350F.
- Crush 30 wafers; mix with next 4 ingredients.
- Spread onto bottom of rimmed baking sheet sprayed with cooking spray.
- Bake 8 to 10 min. or until golden brown, stirring after 5 min. Cool.
- Beat pudding mixes and milk in medium bowl with whisk 2 min. (Pudding will be thick.) Stir in 1 cup COOL WHIP.
- Layer 1/3 of the crumb mixture and half each of the bananas and pudding in 2-qt. bowl; repeat layers.
- Beat cream cheese and granulated sugar in medium bowl with mixer until blended. Gently stir in 1 cup of the remaining COOL WHIP; spread over top of dessert, sealing to edge of bowl.
- Sprinkle with remaining crumb mixture. Refrigerate 3 hours.
- Serve topped with remaining COOL WHIP and whole wafers.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:1.7360869581285%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.98kcal (5.7%), Fat: 5.42g (8.34%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 15.16g (5.51%), Sugar: 11.2g (12.45%), Cholesterol: 8.59mg (2.86%), Sodium: 82.1mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Manganese: 0.09mg (4.46%), Vitamin B2: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 28.33mg (2.83%), Calcium: 25.46mg (2.55%), Vitamin B6: 0.05mg (2.53%), Vitamin A: 119.88IU (2.4%), Potassium: 77.28mg (2.21%), Folate: 8.31µg (2.08%), Fiber: 0.51g (2.04%), Magnesium: 6.36mg (1.59%), Selenium: 0.98µg (1.4%), Vitamin B12: 0.08µg (1.36%), Vitamin B3: 0.26mg (1.32%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.16%), Vitamin C: 0.89mg (1.08%)