



Easy Banana Pudding Parfaits

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



236 kcal

Ingredients

- 1 small banana divided cut into 10 slices,
- 2 jell-o vanilla pudding snacks
- 12 vanilla wafers divided
- 0.3 cup cool whip whipped topping divided thawed

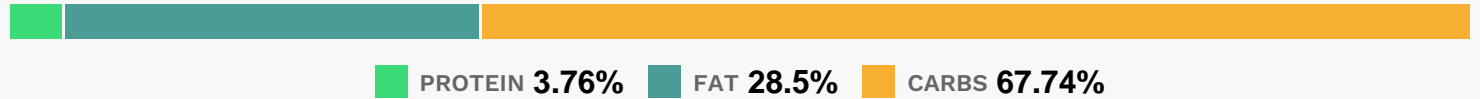
Equipment

- plastic wrap

Directions

- Crush 10 wafers to form coarse crumbs; place 1/4 of the crumbs in each of 2 parfait glasses. Top each with 1 Tbsp. COOL WHIP, 2 banana slices and half of 1 pudding snack. Repeat layers of crumbs, bananas and pudding.
- Refrigerate 15 min. Meanwhile, wrap remaining banana slices tightly in plastic wrap; refrigerate until ready to use.
- Top parfaits with remaining COOL WHIP, wafers and banana slices just before serving.

Nutrition Facts



Properties

Glycemic Index:65.89, Glycemic Load:25.46, Inflammation Score:-2, Nutrition Score:3.785217381042%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 236.05kcal (11.8%), Fat: 7.66g (11.79%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 39.15g (14.24%), Sugar: 20.54g (22.83%), Cholesterol: 0.55mg (0.18%), Sodium: 158.32mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin B1: 0.17mg (11.25%), Folate: 42.06µg (10.52%), Vitamin B6: 0.19mg (9.36%), Vitamin B2: 0.13mg (7.54%), Fiber: 1.82g (7.29%), Manganese: 0.14mg (6.82%), Vitamin B3: 1.28mg (6.41%), Potassium: 220.7mg (6.31%), Vitamin C: 4.39mg (5.33%), Magnesium: 14.29mg (3.57%), Phosphorus: 33.19mg (3.32%), Copper: 0.04mg (2.03%), Vitamin B5: 0.17mg (1.69%), Selenium: 0.74µg (1.06%)