



Easy Banana Pudding Parfaits

READY IN



30 min.

SERVINGS



4

CALORIES



298 kcal

Ingredients

- 1 pkg jell-o banana cream flavor pudding & pie filling instant (4 serving size)
- 1 medium banana cut into slices
- 2 cups milk cold
- 24 nilla wafers divided
- 0.8 cup cool whip whipped topping thawed

Equipment

- bowl
- oven
- whisk

plastic wrap

Directions

Crush 20 of the wafers to form coarse crumbs; set aside.

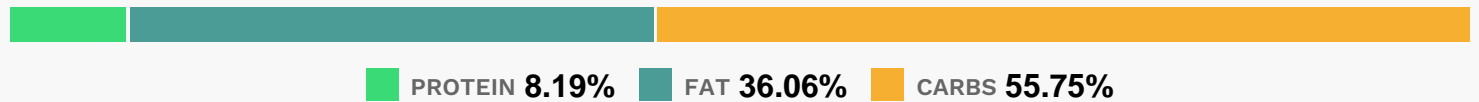
Pour milk into medium bowl.

Add dry pudding mix. Beat with wire whisk 2 min. Gently stir in whipped topping.

Layer half of the wafers crumbs and 8 of the banana slices evenly in four individual parfait glasses or individual dessert dishes; cover with half of the pudding mixture. Repeat layers, reserving 4 of the banana slices for garnish. Cover and refrigerate parfaits at least 15 min. or up to 4 hours before serving. Wrap reserved banana slices tightly in plastic wrap; refrigerate until ready to use.

Top each parfait with 1 each of the reserved wafers and banana slices just before serving.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:25.3, Inflammation Score:-3, Nutrition Score:6.9182608775471%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 297.52kcal (14.88%), Fat: 12.11g (18.63%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 40.85g (14.85%), Sugar: 24.2g (26.88%), Cholesterol: 15.28mg (5.09%), Sodium: 201.62mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Vitamin B2: 0.29mg (16.79%), Calcium: 161.53mg (16.15%), Phosphorus: 155.25mg (15.53%), Vitamin B1: 0.23mg (15.43%), Vitamin B12: 0.69µg (11.45%), Potassium: 333.17mg (9.52%), Folate: 38µg (9.5%), Vitamin B6: 0.19mg (9.28%), Vitamin D: 1.34µg (8.95%), Vitamin B3: 1.27mg (6.37%), Magnesium: 23.59mg (5.9%), Vitamin B5: 0.55mg (5.54%), Fiber: 1.27g (5.09%), Vitamin A: 226.99IU (4.54%), Manganese: 0.08mg (4.23%), Selenium: 2.95µg (4.22%), Zinc: 0.56mg (3.72%), Vitamin C: 2.57mg (3.12%), Copper: 0.03mg (1.29%), Vitamin E: 0.16mg (1.07%)