



Easy Low-Fat Banana Pudding

 Vegetarian

READY IN



200 min.

SERVINGS



20

CALORIES



94 kcal

Ingredients

- ☐ 2 bananas sliced
- ☐ 2 cups cool whip free whipped topping thawed
- ☐ 3.8 cups milk fat-free cold divided
- ☐ 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- ☐ 33 vanilla wafers reduced-fat

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Beat pudding mixes and 3-1/2 cups milk in large bowl with whisk 2 min.
- ☐ Let stand 5 min.
- ☐ Arrange 11 wafers on bottom and up side of 2-qt. serving bowl; drizzle with 1 Tbsp. of the remaining milk.
- ☐ Add layers of 1/3 each of the bananas and pudding. Repeat layers twice. Cover with COOL WHIP.
- ☐ Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:7.52, Inflammation Score:-1, Nutrition Score:2.8521739046859%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg 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: 93.78kcal (4.69%), Fat: 2.18g (3.36%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 16.21g (5.89%), Sugar: 10.34g (11.49%), Cholesterol: 2.68mg (0.89%), Sodium: 82.15mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin B2: 0.14mg (8.14%), Calcium: 69.47mg (6.95%), Vitamin B12: 0.38µg (6.29%), Phosphorus: 61.06mg (6.11%), Vitamin B1: 0.08mg (5.47%), Vitamin B6: 0.08mg (3.96%), Potassium: 135.94mg (3.88%), Vitamin D: 0.51µg (3.37%), Folate: 13.27µg (3.32%), Magnesium: 9.3mg (2.32%), Vitamin A: 114.39IU (2.29%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.2mg (2.03%), Fiber: 0.49g (1.97%), Selenium: 1.29µg (1.84%), Manganese: 0.03mg (1.67%), Zinc: 0.25mg (1.65%), Vitamin C: 1.03mg (1.24%)