



Easy Oreo Banana Cream Pie Cups

READY IN



210 min.

SERVINGS



6

CALORIES



653 kcal

Ingredients

- ☐ 2 banana firm ripe sliced
- ☐ 0.3 cup butter melted
- ☐ 2.8 cups half and half
- ☐ 1.8 cups oreo cookies crushed finely
- ☐ 6 servings oreo cookies for garnish
- ☐ 6 oz vanilla pudding
- ☐ 1 cup non-dairy whipped topping thawed

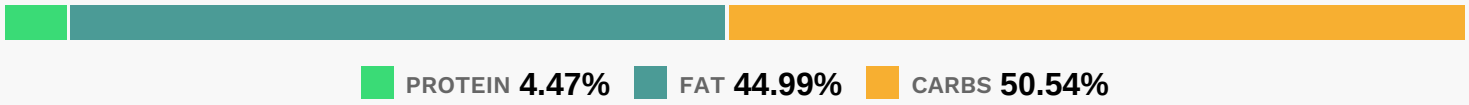
Equipment

- ☐ bowl

Directions

- ☐
- Combine crushed cookies and butter in bowl. Press 3/4 of crumb mixture onto bottom of dessert cups (leaving some to layer over pudding). Refrigerate. Prepare pudding using half and half according to directions on box. Set aside to cool.
- ☐
- Remove dessert cups from refrigerator and layer each cup with: pudding on top of crust, banana slices, sprinkle with a little cookie crumb mixture, then another layer of pudding, top with COOL WHIP and garnish with Oreos. Refrigerate 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.46, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:12.639130447222%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 652.69kcal (32.63%), Fat: 33.38g (51.36%), Saturated Fat: 17.42g (108.86%), Carbohydrates: 84.38g (28.13%), Net Carbohydrates: 81.51g (29.64%), Sugar: 58.43g (64.93%), Cholesterol: 59.41mg (19.8%), Sodium: 542.93mg (23.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Iron: 7.21mg (40.07%), Manganese: 0.5mg (25.14%), Vitamin B2: 0.4mg (23.53%), Phosphorus: 180.05mg (18.01%), Vitamin K: 18.59µg (17.71%), Calcium: 145.39mg (14.54%), Vitamin E: 2.03mg (13.54%), Vitamin A: 664.59IU (13.29%), Potassium: 443.51mg (12.67%), Magnesium: 50.04mg (12.51%), Copper: 0.24mg (12.08%), Folate: 47.23µg (11.81%), Fiber: 2.87g (11.5%), Selenium: 7.61µg (10.87%), Vitamin B1: 0.16mg (10.85%), Vitamin B6: 0.22mg (10.8%), Vitamin B3: 1.91mg (9.54%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.95mg (6.32%), Vitamin C: 4.42mg (5.36%), Vitamin B12: 0.25µg (4.2%)