



Easy Southern Banana Pudding

READY IN



200 min.

SERVINGS



20

CALORIES



141 kcal

Ingredients

- 3 bananas sliced
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 30 vanilla wafers
- 8 oz cool whip whipped topping thawed

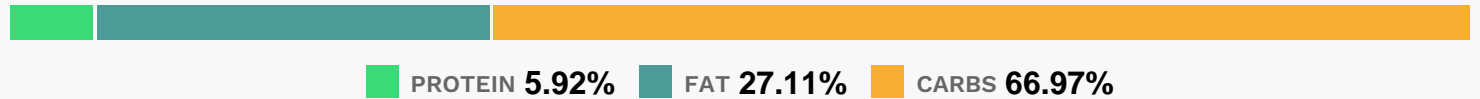
Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk with whisk 2 min.
- Let stand 5 min.
- Arrange half the wafers on bottom and up side of 2-qt. serving bowl; top with layers of half each of the banana slices and pudding. Repeat all layers. Cover with COOL WHIP.
- Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:7.58, Inflammation Score:-1, Nutrition Score:2.5626087136891%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.23kcal (7.06%), Fat: 4.32g (6.65%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 23.37g (8.5%), Sugar: 17.09g (18.99%), Cholesterol: 4.71mg (1.57%), Sodium: 119.64mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin B2: 0.1mg (5.62%), Calcium: 54.44mg (5.44%), Phosphorus: 53.22mg (5.32%), Vitamin B6: 0.09mg (4.48%), Vitamin B1: 0.07mg (4.4%), Potassium: 139.21mg (3.98%), Vitamin B12: 0.22µg (3.67%), Folate: 11.8µg (2.95%), Vitamin D: 0.4µg (2.68%), Fiber: 0.64g (2.58%), Manganese: 0.05mg (2.5%), Magnesium: 9.96mg (2.49%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.2mg (1.96%), Vitamin C: 1.54mg (1.87%), Selenium: 1.23µg (1.76%), Vitamin A: 79.01IU (1.58%), Zinc: 0.19mg (1.27%)