



## Fluffy Banana Pudding Parfaits

READY IN



75 min.

SERVINGS



10

CALORIES



223 kcal

### Ingredients

- 3 bananas sliced
- 1 pkg jell-o banana cream flavor pudding instant (4-serving size)
- 2 cups milk cold
- 40 vanilla wafers divided
- 8 oz cool whip whipped topping thawed

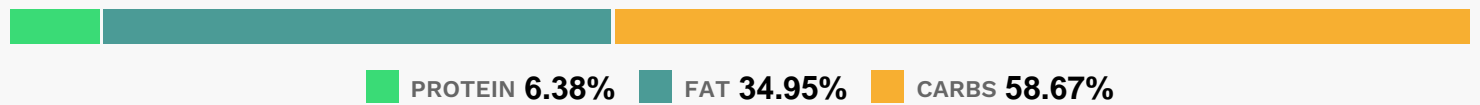
### Equipment

- bowl
- whisk

## Directions

- Coarsely crush 30 of the wafers; set aside.
- Pour milk into large bowl.
- Add pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping.
- Place about 1 Tbsp. of the crushed wafers and 2 to 3 banana slices in each of 10 dessert dishes; top with 1/4 cup of the pudding mixture. Repeat layers. Top with remaining wafers. Refrigerate at least 1 hour or until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.98, Glycemic Load:18.03, Inflammation Score:-2, Nutrition Score:4.5026087190794%

## Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg 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: 222.84kcal (11.14%), Fat: 8.83g (13.58%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 32.08g (11.67%), Sugar: 19.68g (21.87%), Cholesterol: 6.55mg (2.18%), Sodium: 133.21mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin B2: 0.17mg (9.93%), Vitamin B1: 0.14mg (9.58%), Phosphorus: 84.74mg (8.47%), Vitamin B6: 0.16mg (8.21%), Calcium: 77.9mg (7.79%), Folate: 28.88µg (7.22%), Potassium: 243.01mg (6.94%), Vitamin B12: 0.31µg (5.15%), Fiber: 1.26g (5.03%), Manganese: 0.1mg (4.88%), Vitamin B3: 0.93mg (4.67%), Magnesium: 17mg (4.25%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.54µg (3.58%), Vitamin B5: 0.3mg (3%), Selenium: 1.83µg (2.61%), Vitamin A: 118.49IU (2.37%), Zinc: 0.28mg (1.84%), Copper: 0.03mg (1.52%), Vitamin E: 0.17mg (1.15%)