



Gluten-Free Fudgy Banana Pudding Pops

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



114 kcal

Ingredients

- ☐ 1 box peach pie filling fat-free sugar-free instant (4-serving size)
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 1 medium banana ripe
- ☐ 1 container vanilla yogurt light yoplait®
- ☐ 8 you will also need: parchment paper (5-oz size)
- ☐ 8 celery stalks with round ends)

Equipment

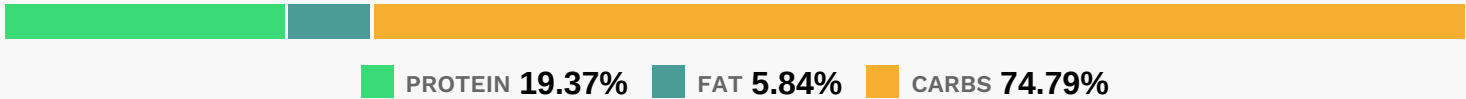
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ In medium bowl, beat pudding mix and milk with wire whisk about 2 minutes or until well blended.
- ☐ Let stand 5 minutes or until thickened.
- ☐ Meanwhile, in small bowl, mash banana with fork. Stir in yogurt.
- ☐ Place paper cups in 8-inch pan for easier handling. Spoon 2 tablespoons pudding into each cup. Divide yogurt mixture evenly among cups. Top with remaining pudding mixture. Tap cups on work surface to level top. Insert wooden stick into center of each pop.
- ☐ Freeze pops about 2 hours or until solid. Store frozen pops in plastic freezer bag in freezer. Peel off paper cups before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.65, Inflammation Score:-3, Nutrition Score:5.9791304112776%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 114.05kcal (5.7%), Fat: 0.74g (1.15%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.64g (7.5%), Sugar: 8.88g (9.87%), Cholesterol: 4.97mg (1.66%), Sodium: 155.93mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Calcium: 140.64mg (14.06%), Vitamin B2: 0.22mg (13.07%), Phosphorus: 123.45mg (12.34%), Selenium: 8.14µg (11.62%), Vitamin B1: 0.15mg (10.02%), Vitamin B12: 0.51µg (8.49%), Manganese: 0.17mg (8.41%), Potassium: 243.27mg (6.95%), Folate: 25.08µg (6.27%), Vitamin B3: 1.24mg (6.22%), Vitamin B6: 0.11mg (5.56%), Magnesium: 20.11mg (5.03%), Vitamin D: 0.67µg (4.49%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.44mg (4.39%), Iron: 0.7mg (3.92%), Vitamin A: 167.24IU (3.34%), Fiber: 0.79g (3.16%), Copper: 0.05mg (2.29%), Vitamin C: 1.64mg (1.98%), Vitamin K: 1.27µg (1.21%)