



Healthified Banana Pudding

 Vegetarian

READY IN



500 min.

SERVINGS



12

CALORIES



319 kcal

Ingredients

- ☐ 6 small banana sliced
- ☐ 3 cups skim milk fat-free (skim)
- ☐ 2 boxes vanilla pudding french instant (4-serving size each)
- ☐ 48 vanilla wafers reduced-fat
- ☐ 24 oz vanilla yogurt fat free french 99% yoplait®
- ☐ 8 oz cool whip fat-free frozen thawed

Equipment

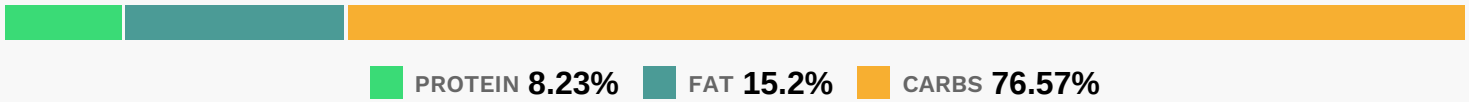
- ☐ bowl
- ☐ hand mixer

☐ glass baking pan

Directions

- ☐ In large bowl, beat milk and pudding mix with electric mixer on low speed until well mixed; beat in yogurt. Fold in whipped topping.
- ☐ Place 24 vanilla wafers in a single layer in ungreased 13x9-inch (3-quart) glass baking dish. Spoon half of the pudding mixture over wafers.
- ☐ Place 6 sliced bananas over pudding mixture. Spoon remaining pudding mixture over bananas. Arrange remaining 24 vanilla wafers over top of pudding.
- ☐ Cover; refrigerate at least 3 hours but no longer than 8 hours. Just before serving, garnish with additional banana slices.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:19.83, Inflammation Score:-3, Nutrition Score:8.2404347528582%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 319.31kcal (15.97%), Fat: 5.51g (8.48%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 62.51g (20.84%), Net Carbohydrates: 60.69g (22.07%), Sugar: 43.33g (48.14%), Cholesterol: 6.24mg (2.08%), Sodium: 270.19mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin B2: 0.39mg (23.14%), Calcium: 190.77mg (19.08%), Phosphorus: 167.37mg (16.74%), Vitamin B12: 0.9µg (15.02%), Vitamin B1: 0.2mg (13.43%), Vitamin B6: 0.27mg (13.34%), Potassium: 436.85mg (12.48%), Folate: 40.76µg (10.19%), Selenium: 5.84µg (8.35%), Manganese: 0.16mg (7.97%), Magnesium: 31mg (7.75%), Fiber: 1.82g (7.28%), Vitamin C: 4.79mg (5.81%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.83mg (5.55%), Vitamin D: 0.67µg (4.49%), Vitamin A: 197.15IU (3.94%), Vitamin B5: 0.39mg (3.87%), Copper: 0.05mg (2.69%), Iron: 0.19mg (1.05%)