



## Hebni Banana Pudding

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



84 kcal

### Ingredients

- ☐ 4 medium bananas cut into 1/4-inch slices
- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 cup orange juice
- ☐ 1 oz vanilla pudding mix fat-free sugar-free instant
- ☐ 50 vanilla wafers reduced-fat
- ☐ 8 oz non-dairy whipped topping fat-free frozen thawed

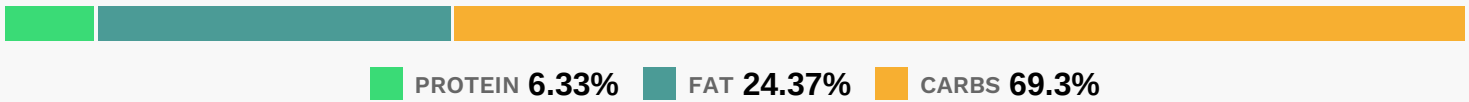
### Equipment

- ☐ bowl

# Directions

- ☐ Place bananas in a medium bowl.
- ☐ Pour orange juice over bananas, and stir gently.
- ☐ Prepare vanilla pudding according to package directions in a large bowl using low-fat milk. Cover and chill 5 minutes. Stir in whipped topping.
- ☐ Drain bananas, discarding juice.
- ☐ Layer pudding, vanilla wafers, and banana slices in 10 (6-oz.) glasses. Chill 2 hours.
- ☐ Note: To serve family style, layer one-fourth each of vanilla wafers, bananas, and pudding mixture in a 3-qt. glass bowl. Repeat layers 3 times, ending with pudding mixture. Cover and chill 2 to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:6.13, Glycemic Load:7.48, Inflammation Score:-1, Nutrition Score:2.1869565050887%

## Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 83.67kcal (4.18%), Fat: 2.33g (3.59%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.32g (5.21%), Sugar: 8.17g (9.07%), Cholesterol: 2.1mg (0.7%), Sodium: 57.98mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin B2: 0.1mg (6.16%), Vitamin B1: 0.07mg (4.72%), Vitamin C: 3.44mg (4.16%), Vitamin B6: 0.08mg (3.91%), Folate: 14.79µg (3.7%), Vitamin B12: 0.21µg (3.46%), Potassium: 106.36mg (3.04%), Phosphorus: 29.73mg (2.97%), Calcium: 29.28mg (2.93%), Fiber: 0.59g (2.37%), Manganese: 0.04mg (2.18%), Vitamin B3: 0.43mg (2.13%), Magnesium: 7.2mg (1.8%), Vitamin A: 62.4IU (1.25%), Vitamin B5: 0.12mg (1.17%), Vitamin D: 0.17µg (1.15%), Selenium: 0.73µg (1.04%)