



Layered Nana-Peanut Butter Treats

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



200 kcal

Ingredients

- 0.8 cup banana chopped
- 0.5 cup creamy peanut butter
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 0.5 cup planters cocktail peanuts

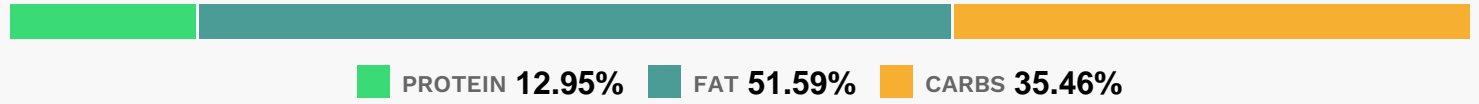
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in peanut butter.
- Spoon into 6 dessert dishes alternately with layers of bananas and nuts.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:2.49, Inflammation Score:-3, Nutrition Score:6.9830434685168%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 12.02g (18.49%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.58g (13.97%), Cholesterol: 5.86mg (1.95%), Sodium: 233.6mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Manganese: 0.45mg (22.74%), Vitamin B3: 3.03mg (15.15%), Phosphorus: 131.78mg (13.18%), Magnesium: 49.39mg (12.35%), Copper: 0.17mg (8.41%), Vitamin E: 1.22mg (8.12%), Fiber: 2g (8.01%), Folate: 31.2µg (7.8%), Vitamin B6: 0.16mg (7.75%), Potassium: 266.64mg (7.62%), Calcium: 75.97mg (7.6%), Vitamin B2: 0.12mg (6.83%), Vitamin B1: 0.1mg (6.6%), Zinc: 0.77mg (5.12%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.26µg (4.39%), Iron: 0.68mg (3.78%), Vitamin D: 0.54µg (3.58%), Selenium: 2.37µg (3.39%), Vitamin A: 86.26IU (1.73%), Vitamin C: 0.98mg (1.19%)