



## Low-Fat Chocolate-Banana Parfaits

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



65 kcal

### Ingredients

- 2 bananas sliced
- 2 cups milk fat-free cold
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 0.8 cup cool whip lite whipped topping thawed

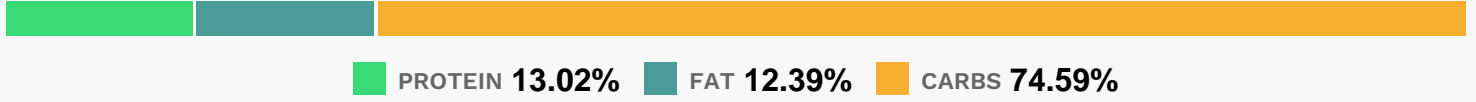
### Equipment

- whisk

### Directions

- Beat pudding mix and milk with whisk 2 min.
- Spoon half the pudding evenly into 4 dessert glasses; cover with layers of bananas and half the COOL WHIP. Top with remaining pudding and COOL WHIP.
- Refrigerate 1 hour.

## Nutrition Facts



### Properties

Glycemic Index:8.8, Glycemic Load:3.41, Inflammation Score:-2, Nutrition Score:2.9734782511773%

### Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 65.27kcal (3.26%), Fat: 0.93g (1.43%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.84g (4.3%), Sugar: 9.37g (10.42%), Cholesterol: 1.58mg (0.53%), Sodium: 81.09mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Calcium: 70.33mg (7.03%), Phosphorus: 64.64mg (6.46%), Vitamin B6: 0.12mg (5.83%), Vitamin B2: 0.09mg (5.22%), Potassium: 181.37mg (5.18%), Vitamin B12: 0.3µg (4.92%), Manganese: 0.08mg (3.99%), Magnesium: 14.43mg (3.61%), Vitamin D: 0.54µg (3.59%), Fiber: 0.76g (3.03%), Vitamin B5: 0.25mg (2.55%), Vitamin C: 2.05mg (2.49%), Vitamin B1: 0.04mg (2.42%), Vitamin A: 119.23IU (2.38%), Selenium: 1.45µg (2.07%), Zinc: 0.29mg (1.91%), Copper: 0.03mg (1.7%), Folate: 5.99µg (1.5%), Vitamin B3: 0.23mg (1.15%)