



Nutter Butter®-Banana Pudding Trifle

READY IN



45 min.

SERVINGS



10

CALORIES



646 kcal

DESSERT

Ingredients

- ☐ 5 medium size banana ripe
- ☐ 2 tablespoons butter
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 1 lb crème-filled chocolate sandwich cookies
- ☐ 10 servings peanut butter dried fresh
- ☐ 0.8 cup sugar
- ☐ 2 cups garnish: whipped cream sweetened

- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Whisk together first 4 ingredients in a large saucepan over medium-low heat. Cook, whisking constantly, 15 to 20 minutes or until thickened.
- ☐ Remove from heat; stir in butter and vanilla until butter is melted.
- ☐ Fill a large bowl with ice.
- ☐ Place saucepan in ice, and let stand, stirring occasionally, 30 minutes or until mixture is thoroughly chilled.
- ☐ Meanwhile, cut bananas into 1/4-inch slices. Break cookies into thirds.
- ☐ Spoon half of pudding mixture into a 3-qt. bowl or pitcher. Top with bananas and cookies. Spoon remaining pudding mixture over bananas and cookies. Top with sweetened whipped cream. Cover and chill 2 to 24 hours.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Nabisco Nutter Butter Sandwich Cookies. For photography, we divided mixture between 2 (1 1/2- to 2-qt.) wide-mouthed pitchers.
- ☐ Shortcut Nutter Butter-Banana Pudding Trifle: Omit eggs, sugar, flour, and butter. Substitute thawed extra creamy whipped topping for sweetened whipped cream. Reduce vanilla to 1 tsp.
- ☐ Place 3 cups milk and vanilla in large bowl; add 2 (4-oz.) packages vanilla instant pudding mix. Beat with an electric mixer at medium speed 2 minutes or until thickened; let stand 5 minutes. Stir in 1 (8-oz.) container sour cream. Proceed with recipe as directed in Steps 2 through
- ☐ Note: For testing purposes only, we used Jell-O Vanilla Instant Pudding and Pie Filling and Cool Whip Extra Creamy.

Nutrition Facts



 PROTEIN **9.13%**  FAT **45.57%**  CARBS **45.3%**

Properties

Glycemic Index:35.69, Glycemic Load:22.21, Inflammation Score:-6, Nutrition Score:19.015652262646%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 645.52kcal (32.28%), Fat: 34.01g (52.32%), Saturated Fat: 10.8g (67.48%), Carbohydrates: 76.04g (25.35%), Net Carbohydrates: 71.54g (26.02%), Sugar: 48.64g (54.04%), Cholesterol: 79.72mg (26.57%), Sodium: 382.25mg (16.62%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 15.34g (30.67%), Manganese: 0.97mg (48.7%), Iron: 6.67mg (37.04%), Vitamin B3: 6.17mg (30.87%), Vitamin E: 4.43mg (29.55%), Phosphorus: 283.18mg (28.32%), Magnesium: 104.3mg (26.08%), Vitamin B2: 0.41mg (24.39%), Vitamin B6: 0.45mg (22.31%), Folate: 82.11µg (20.53%), Potassium: 652.59mg (18.65%), Fiber: 4.5g (17.99%), Copper: 0.35mg (17.61%), Selenium: 11.95µg (17.08%), Vitamin B1: 0.24mg (15.75%), Calcium: 140.25mg (14.02%), Vitamin K: 13.52µg (12.88%), Vitamin B5: 1.23mg (12.34%), Zinc: 1.81mg (12.06%), Vitamin B12: 0.57µg (9.47%), Vitamin A: 390.42IU (7.81%), Vitamin D: 1.15µg (7.69%), Vitamin C: 5.13mg (6.22%)