



Paula Deen's It's Not Your Mamma's Banana Pudding Ice-Cream

READY IN



30 min.

SERVINGS



12

CALORIES



1127 kcal

Ingredients

- ☐ 6 to 8 bananas sliced
- ☐ 12 servings bananas
- ☐ 2 bags grands flaky refrigerator biscuits recommended: Pepperidge Farm Chessmen cookies
- ☐ 12 servings chessman cookies
- ☐ 8 ounce cream cheese softened
- ☐ 12 servings cream cheese
- ☐ 5 ounce vanilla pudding french instant
- ☐ 12 servings marshmallows
- ☐ 2 cups milk

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 12 servings whipped cream
- ☐ 12 ounce equal amount whipped cream sweetened frozen thawed

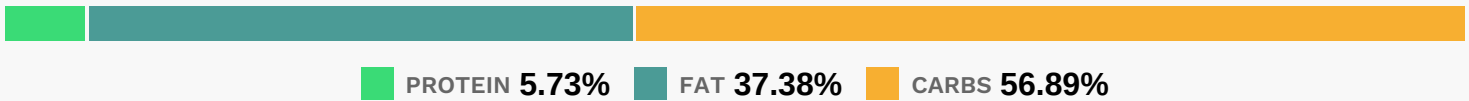
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Add vanilla ice cream to It's Not Your Mamma's Banana Pudding.
- ☐ Additionally, mix in bananas, graham crackers, marshmallows and cream cheese to your desire.
- ☐ Line the bottom of a 13 by 9 by 2-inch dish with 1 bag of cookies and layer bananas on top.
- ☐ In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture.
- ☐ Add the cream cheese mixture to the pudding mixture and stir until well blended.
- ☐ Pour the mixture over the cookies and bananas and cover with the remaining cookies.
- ☐ Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:48.09, Glycemic Load:89.21, Inflammation Score:-8, Nutrition Score:24.334782745527%

Flavonoids

Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1126.51kcal (56.33%), Fat: 47.69g (73.37%), Saturated Fat: 21.72g (135.78%), Carbohydrates: 163.33g (54.44%), Net Carbohydrates: 156.06g (56.75%), Sugar: 92.11g (102.35%), Cholesterol: 86.81mg (28.94%), Sodium: 701.94mg (30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.89%), Vitamin B2: 0.86mg (50.33%), Vitamin B6: 0.86mg (42.82%), Manganese: 0.83mg (41.64%), Phosphorus: 387.65mg (38.77%), Potassium: 1163.26mg (33.24%), Vitamin B1: 0.48mg (32.04%), Calcium: 318.11mg (31.81%), Folate: 120.22µg (30.05%), Fiber: 7.27g (29.08%), Magnesium: 104.62mg (26.15%), Vitamin B3: 4.98mg (24.88%), Iron: 4.04mg (22.46%), Selenium: 15.59µg (22.27%), Vitamin A: 1076.4IU (21.53%), Vitamin C: 17.35mg (21.03%), Vitamin B5: 1.83mg (18.28%), Vitamin E: 2.64mg (17.59%), Zinc: 2.33mg (15.52%), Copper: 0.25mg (12.53%), Vitamin B12: 0.75µg (12.48%), Vitamin K: 10.65µg (10.14%), Vitamin D: 0.76µg (5.06%)