



Peanut Butter and Chocolate Chunk Trifle Shots

READY IN



95 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small banana thinly sliced
- 1 box vanilla pudding instant (4-serving size)
- 2 cups milk
- 1 box peanut butter sandwich cookie crumbs chunk
- 1 cup strawberries sliced
- 24 servings water for on cookie mix box
- 1.3 cups non-dairy whipped topping frozen thawed

Equipment

oven

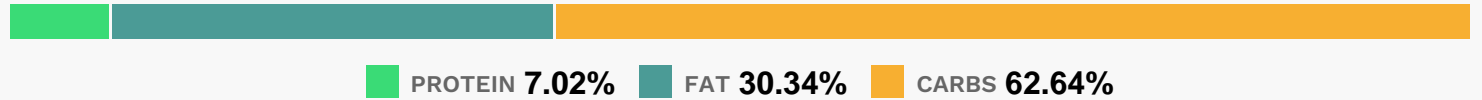
Directions

Heat oven to 375F. Make cookies as directed on box; cool completely.

In bottom of each of 24 (2-oz) shot glasses or small beverage glasses, break-up one-half of a cookie. Top with 2 teaspoons pudding, 1 banana and 1 strawberry slice. Top with 2 teaspoons whipped topping. Top with 2 teaspoons pudding and 2 teaspoons whipped topping. Top with 1 banana and 1 strawberry slice and remaining cookie half; broken into pieces.

Serve immediately or refrigerate up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.6234782636166%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 130.35kcal (6.52%), Fat: 4.53g (6.97%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 20.06g (7.3%), Sugar: 14g (15.55%), Cholesterol: 2.52mg (0.84%), Sodium: 217.63mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 3.89mg (4.72%), Fiber: 0.99g (3.96%), Calcium: 36.25mg (3.63%), Phosphorus: 25.87mg (2.59%), Copper: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.15%), Vitamin B12: 0.12µg (1.96%), Manganese: 0.04mg (1.78%), Magnesium: 7mg (1.75%), Iron: 0.31mg (1.72%), Potassium:

59.49mg (1.7%), Vitamin B6: 0.03mg (1.57%), Vitamin D: 0.22 μ g (1.49%)