



Peanut Butter and Jelly Parfaits

READY IN



70 min.

SERVINGS



4

CALORIES



342 kcal

Ingredients

- 0.5 cup banana
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 2 cups milk cold
- 5 nutter butter peanut butter sandwich cookies crushed
- 0.3 cup strawberry jam
- 0.5 cup cool whip whipped topping thawed

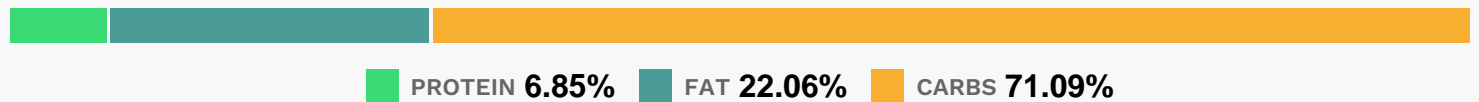
Equipment

- bowl
- whisk

Directions

- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 min.
- Let stand 5 min.
- Reserve 2 Tbsp. of the crushed cookies for garnish.
- Layer 1/4 cup of the pudding and 1 Tbsp. each of the remaining cookie crumbs and jam in each of 4 parfait glasses. Top evenly with layers of the remaining cookie crumbs and remaining pudding.
- Refrigerate at least 1 hour or until ready to serve. Top evenly with the banana slices, whipped topping and reserved cookie crumbs just before serving.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:12.16, Inflammation Score:-2, Nutrition Score:5.4673912939818%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 342.17kcal (17.11%), Fat: 8.43g (12.97%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 60.28g (21.92%), Sugar: 44.72g (49.68%), Cholesterol: 14.83mg (4.94%), Sodium: 275mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Calcium: 163.1mg (16.31%), Phosphorus: 138.8mg (13.88%), Vitamin B2: 0.21mg (12.34%), Vitamin B12: 0.68µg (11.29%), Vitamin D: 1.34µg (8.95%), Potassium: 280.76mg (8.02%), Vitamin B6: 0.15mg (7.47%), Magnesium: 21.21mg (5.3%), Vitamin B1: 0.08mg (5.29%), Vitamin B5: 0.52mg (5.22%), Selenium: 3.37µg (4.82%), Vitamin A: 216.58IU (4.33%), Vitamin C: 3.5mg (4.24%), Zinc: 0.56mg (3.7%), Fiber: 0.87g (3.46%), Manganese: 0.07mg (3.3%), Copper: 0.04mg (2.15%), Folate: 6.37µg (1.59%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.15mg (1.01%), Iron: 0.18mg (1.01%)