



Peanut Butter-Banana Pudding

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



271 kcal

Ingredients

- ☐ 6 small bananas divided
- ☐ 0.3 cup creamy peanut butter spread reduced-fat
- ☐ 2 cups milk fat-free
- ☐ 8 ounce carton nonfat cream sour
- ☐ 8 ounce carton nonfat whipped topping frozen thawed
- ☐ 3.4 ounce vanilla pudding mix fat-free french instant
- ☐ 42 vanilla wafers divided reduced-fat

Equipment

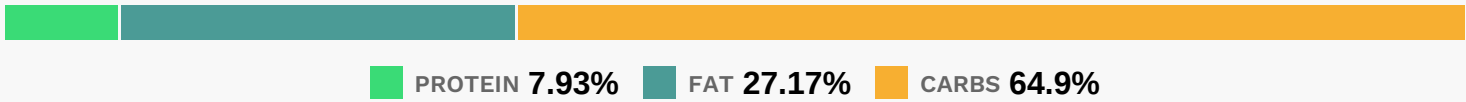
- ☐ whisk

☐ hand mixer

Directions

- ☐ Prepare pudding mix according to package directions, using a whisk and 2 cups fat-free milk. (Do not use an electric mixer.)
- ☐ Add peanut butter and sour cream, stirring well with a wire whisk. Set aside.
- ☐ Line bottom of a 2 1/2-quart casserole with 14 vanilla wafers. Peel and slice 4 bananas. Top wafers with one-third each of pudding mixture, banana slices, and whipped topping. Repeat layers twice using remaining wafers, pudding mixture, banana slices, and whipped topping. Cover and chill at least 2 hours. To garnish, peel and slice remaining 2 bananas; arrange slices around outer edges of dish.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:18.02, Inflammation Score:-3, Nutrition Score:7.3365217732347%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 271.22kcal (13.56%), Fat: 8.49g (13.07%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 43.57g (15.84%), Sugar: 25.08g (27.87%), Cholesterol: 6.16mg (2.05%), Sodium: 223.67mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin B2: 0.3mg (17.57%), Vitamin B6: 0.27mg (13.39%), Manganese: 0.24mg (12.16%), Phosphorus: 118.88mg (11.89%), Vitamin B1: 0.17mg (11.48%), Calcium: 104.37mg (10.44%), Folate: 40.85µg (10.21%), Potassium: 353.44mg (10.1%), Vitamin B3: 1.97mg (9.83%), Vitamin B12: 0.57µg (9.55%), Magnesium: 34.05mg (8.51%), Fiber: 2.07g (8.3%), Vitamin C: 4.39mg (5.33%), Vitamin E: 0.72mg (4.8%), Selenium: 3.26µg (4.65%), Zinc: 0.6mg (3.97%), Vitamin A: 196.89IU (3.94%), Copper: 0.08mg (3.93%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.45µg (2.99%), Iron: 0.27mg (1.49%)