



Peanut Butter Cheerios® Pudding Carnival



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



1286 kcal

DESSERT

Ingredients

- ☐ 0.5 banana firm ripe sliced
- ☐ 1 teaspoon individually wrapped caramels fat-free low-fat
- ☐ 2 teaspoons roasted peanuts chopped
- ☐ 0.5 cup peanut butter
- ☐ 3.6 oz vanilla pudding refrigerated sugar-free (60 calories or less)

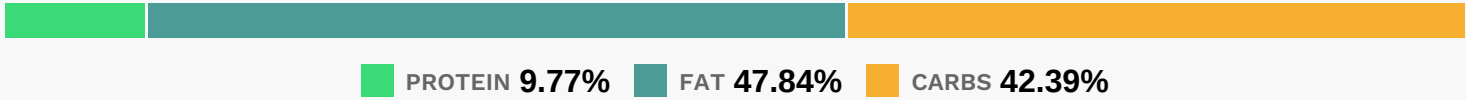
Equipment

- ☐ bowl

Directions

- ☐ Place banana slices in medium bowl or parfait glass. Top with pudding; add cereal.
- ☐ Drizzle with caramel; sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:133.78, Glycemic Load:12.16, Inflammation Score:-8, Nutrition Score:29.601739108562%

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: 1286.17kcal (64.31%), Fat: 71.83g (110.5%), Saturated Fat: 14.06g (87.9%), Carbohydrates: 143.18g (47.73%), Net Carbohydrates: 133.96g (48.71%), Sugar: 104.94g (116.6%), Cholesterol: 0.34mg (0.12%), Sodium: 1257.45mg (54.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33g (66%), Manganese: 2.29mg (114.73%), Vitamin B3: 19.05mg (95.25%), Vitamin E: 11.83mg (78.89%), Magnesium: 251.58mg (62.89%), Phosphorus: 496.65mg (49.67%), Vitamin B6: 0.82mg (40.88%), Fiber: 9.23g (36.91%), Folate: 135.54µg (33.88%), Copper: 0.68mg (33.81%), Potassium: 1047.34mg (29.92%), Zinc: 3.61mg (24.05%), Vitamin B2: 0.32mg (19.05%), Vitamin B5: 1.73mg (17.34%), Vitamin B1: 0.23mg (15.54%), Iron: 2.7mg (15.01%), Selenium: 7.64µg (10.91%), Calcium: 88.06mg (8.81%), Vitamin C: 5.15mg (6.25%)