



Peanut Butter Cheerios® Pudding Carnival

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



808 kcal

Ingredients

- ☐ 0.5 banana firm ripe sliced
- ☐ 3.6 oz vanilla pudding refrigerated sugar-free (60 calories or less)
- ☐ 0.5 cup bread
- ☐ 1 teaspoon gorgonzola dip fat-free low-fat
- ☐ 2 teaspoons roasted peanuts chopped

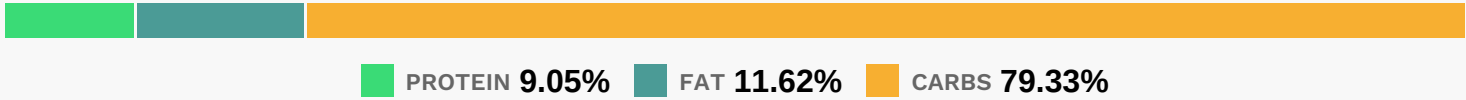
Equipment

- ☐ 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:124.47, Glycemic Load:37.12, Inflammation Score:-6, Nutrition Score:21.913478314877%

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: 807.68kcal (40.38%), Fat: 10.54g (16.22%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 161.94g (53.98%), Net Carbohydrates: 151.81g (55.2%), Sugar: 93.72g (104.13%), Cholesterol: 0mg (0%), Sodium: 1252.62mg (54.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.93%), Manganese: 2.93mg (146.43%), Selenium: 32.78µg (46.83%), Fiber: 10.13g (40.54%), Vitamin B3: 7.13mg (35.64%), Vitamin B1: 0.51mg (34.17%), Magnesium: 123.82mg (30.95%), Phosphorus: 304.5mg (30.45%), Vitamin B6: 0.5mg (24.88%), Calcium: 217.54mg (21.75%), Copper: 0.4mg (20.04%), Iron: 3.49mg (19.4%), Folate: 74.08µg (18.52%), Potassium: 604.97mg (17.28%), Zinc: 2.39mg (15.94%), Vitamin B2: 0.26mg (15.37%), Vitamin B5: 1.15mg (11.48%), Vitamin K: 9.52µg (9.07%), Vitamin C: 5.13mg (6.22%), Vitamin E: 0.7mg (4.65%)