



Peanut Butter Parfaits

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



1544 kcal

DESSERT

Ingredients

- ☐ 4 bananas peeled sliced
- ☐ 0.3 cup confectioners' sugar
- ☐ 3 ounce cream cheese softened
- ☐ 1 cup creamy peanut butter
- ☐ 3.9 ounce jell-o vanilla flavor pudding instant chocolate-flavored
- ☐ 2 cups milk cold
- ☐ 1 pound peanut butter sandwich cookies crumbled for garnish
- ☐ 1 cup peanuts chopped for garnish

☐ 1 cup whipped cream topping

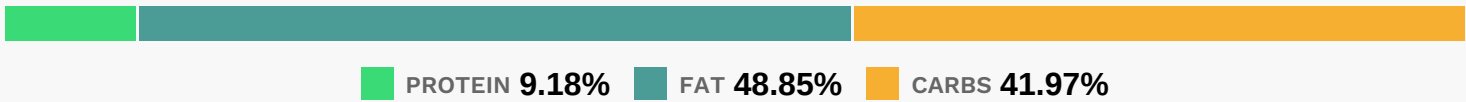
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In a medium bowl, combine the milk and pudding mix; beat at medium speed with an electric mixer for 2 minutes. Set aside.
- ☐ In a medium bowl, combine the peanut butter and confectioners' sugar; beat at medium speed with an electric mixer until creamy.
- ☐ Add the cream cheese, beating until smooth. Fold in the whipped cream topping, mixing to combine.
- ☐ In serving glasses, layer the pudding, bananas, peanuts, peanut butter mixture, and crumbled cookies, as desired.
- ☐ Garnish with cookies and chopped peanuts, if desired.
- ☐ Serve immediately, or store in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:50.76, Glycemic Load:18.48, Inflammation Score:-9, Nutrition Score:44.122174263%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1544.4kcal (77.22%), Fat: 87.77g (135.04%), Saturated Fat: 24.51g (153.17%), Carbohydrates: 169.65g (56.55%), Net Carbohydrates: 156.56g (56.93%), Sugar: 104.45g (116.06%), Cholesterol: 47.51mg (15.84%), Sodium: 1015.89mg (44.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 37.12g (74.25%),

Manganese: 3.01mg (150.32%), Iron: 16.63mg (92.38%), Vitamin B3: 18.28mg (91.41%), Magnesium: 280.99mg (70.25%), Phosphorus: 651.57mg (65.16%), Vitamin E: 9.13mg (60.9%), Folate: 238.21µg (59.55%), Copper: 1.08mg (54.15%), Fiber: 13.09g (52.34%), Vitamin B6: 0.96mg (48.25%), Vitamin B1: 0.67mg (44.94%), Vitamin B2: 0.76mg (44.74%), Potassium: 1561.93mg (44.63%), Vitamin K: 32.95µg (31.38%), Calcium: 287.3mg (28.73%), Zinc: 4.1mg (27.31%), Vitamin B5: 2.69mg (26.86%), Selenium: 17µg (24.29%), Vitamin A: 663.73IU (13.27%), Vitamin B12: 0.75µg (12.48%), Vitamin C: 10.27mg (12.44%), Vitamin D: 1.4µg (9.35%)