



Pudding-Banana Split

READY IN



210 min.

SERVINGS



30

CALORIES



59 kcal

Ingredients

- 2 small bananas
- 3.4 oz jell-o vanilla flavor pudding french instant
- 8 maraschino cherries
- 1 cup milk cold
- 24 vanilla wafers divided
- 2 cups cool whip whipped topping divided thawed

Equipment

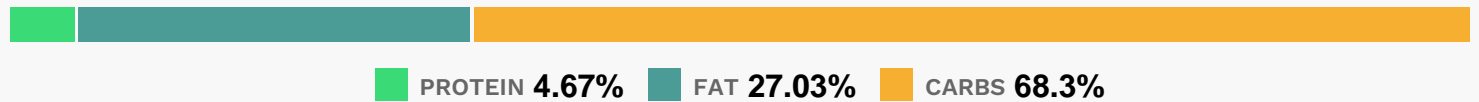
- bowl
- frying pan

whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP; spread onto bottom of 8-inch square pan. Freeze 3 hours or until firm enough to scoop.
- Chop 16 wafers. Spoon scant tablespoonful of the chopped wafers into each of 8 parfait glasses or dessert dishes. Scoop 1/4 cup of the pudding mixture into each glass; sprinkle with remaining chopped wafers.
- Cut bananas lengthwise in half, then cut each piece crosswise in half. Stand 1 banana piece in each parfait glass. Fill with remaining COOL WHIP and wafers; top with cherries.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:3.54, Inflammation Score:-1, Nutrition Score:0.87304347559162%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 58.63kcal (2.93%), Fat: 1.79g (2.75%), Saturated Fat: 1g (6.26%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.86g (3.59%), Sugar: 6.98g (7.75%), Cholesterol: 1.12mg (0.37%), Sodium: 46.51mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin B2: 0.03mg (1.89%), Vitamin B1: 0.03mg (1.85%), Phosphorus: 15.52mg (1.55%), Vitamin B6: 0.03mg (1.54%), Calcium: 14.77mg (1.48%), Folate: 5.72µg (1.43%), Potassium: 46.31mg (1.32%), Fiber: 0.3g (1.22%)