



Quick and Tasty Banana Pudding

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



265 kcal

Ingredients

- 3 vanilla wafers
- 3 tablespoons cool whip frozen thawed
- 0.5 small banana sliced
- 2 tablespoons vanilla pudding refrigerated
- 1 serving vanilla wafers crushed

Equipment

Directions

- In 5-oz glass, place 1 vanilla wafer cookie. Top with 1/3 of the banana slices, 1 tablespoon of the whipped topping, another vanilla wafer cookie and 1 tablespoon of vanilla pudding. Repeat layers, beginning with banana slices.
- Top with remaining banana slices and 1 tablespoon whipped topping.
- Garnish with crushed cookies.

Nutrition Facts



Properties

Glycemic Index:208.78, Glycemic Load:16.08, Inflammation Score:-1, Nutrition Score:3.7452174165974%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 264.92kcal (13.25%), Fat: 4.27g (6.56%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 54.62g (19.86%), Sugar: 37.79g (41.99%), Cholesterol: 2.35mg (0.78%), Sodium: 274.4mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin B6: 0.2mg (10.1%), Vitamin B2: 0.17mg (9.88%), Vitamin B1: 0.12mg (7.7%), Folate: 29.11µg (7.28%), Fiber: 1.81g (7.24%), Manganese: 0.14mg (6.94%), Potassium: 217.24mg (6.21%), Vitamin C: 4.39mg (5.33%), Vitamin B3: 0.88mg (4.4%), Magnesium: 14.72mg (3.68%), Vitamin B12: 0.2µg (3.33%), Phosphorus: 28.86mg (2.89%), Copper: 0.05mg (2.41%), Calcium: 18.58mg (1.86%), Vitamin B5: 0.17mg (1.69%), Selenium: 1.18µg (1.68%), Vitamin A: 55.94IU (1.12%)