



Quick and Tasty Banana Pudding

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



275 kcal

Ingredients

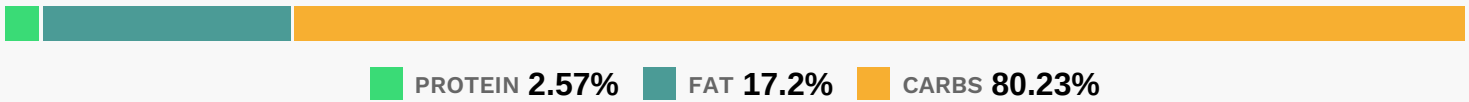
- ☐ 0.5 small banana sliced
- ☐ 2 tablespoons vanilla pudding refrigerated
- ☐ 1 serving vanilla wafers crushed
- ☐ 3 vanilla wafers
- ☐ 3 tablespoons non-dairy whipped topping frozen thawed

Equipment

Directions

- ☐ In 5-oz glass, place 1 vanilla wafer cookie. Top with 1/3 of the banana slices, 1 tablespoon ofthe 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:3.3047825745914%

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: 275.05kcal (13.75%), Fat: 5.36g (8.25%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 54.48g (19.81%), Sugar: 38.81g (43.13%), Cholesterol: 0.46mg (0.15%), Sodium: 274.4mg (11.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin B6: 0.19mg (9.4%), Fiber: 1.76g (7.03%), Manganese: 0.14mg (6.94%), Folate: 27.23µg (6.81%), Vitamin B1: 0.1mg (6.54%), Potassium: 216.3mg (6.18%), Vitamin B2: 0.1mg (5.68%), Vitamin C: 4.39mg (5.33%), Vitamin B3: 0.84mg (4.22%), Magnesium: 14.58mg (3.64%), Phosphorus: 29.67mg (2.97%), Copper: 0.05mg (2.35%), Vitamin B5: 0.17mg (1.69%), Selenium: 1.1µg (1.56%), Calcium: 13.59mg (1.36%)