



Quick Homemade Banana Pudding

READY IN



210 min.

SERVINGS



14

CALORIES



221 kcal

Ingredients

- 3 cups to 6 bananas divided ripe sliced
- 4 cups milk fat-free
- 2 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size each)
- 47 vanilla wafers divided
- 2 cups cool whip lite whipped topping thawed

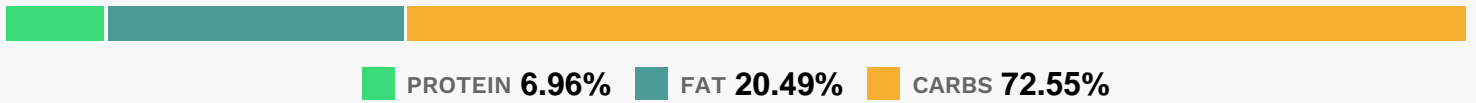
Equipment

- bowl

Directions

- Prepare pudding with milk as directed on package.
- Spoon 1/2 cup pudding in bottom of 2-qt. serving bowl. Top with 8 wafers, generous layer of sliced bananas and 1 cup pudding. Stand 12 wafers around outside edge of dish. Continue layering 12 wafers, sliced bananas, 1 cup pudding, 15 wafers, sliced bananas and remaining pudding. Cover.
- Refrigerate 3 hours or overnight to soften cookies. To serve, spread whipped topping over pudding.
- Garnish with additional banana slices, if desired.

Nutrition Facts



Properties

Glycemic Index:11.79, Glycemic Load:15.82, Inflammation Score:-2, Nutrition Score:4.8060869483844%

Flavonoids

Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 5.13g (7.89%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 39.63g (14.41%), Sugar: 27.23g (30.26%), Cholesterol: 2.52mg (0.84%), Sodium: 204.8mg (8.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Calcium: 102.3mg (10.23%), Vitamin B2: 0.17mg (10.17%), Phosphorus: 98.63mg (9.86%), Vitamin B1: 0.14mg (9.06%), Vitamin B6: 0.16mg (8.04%), Potassium: 262.46mg (7.5%), Vitamin B12: 0.43µg (7.12%), Folate: 25.88µg (6.47%), Vitamin D: 0.77µg (5.13%), Fiber: 1.2g (4.8%), Manganese: 0.09mg (4.5%), Magnesium: 17.83mg (4.46%), Vitamin B3: 0.83mg (4.15%), Vitamin B5: 0.36mg (3.57%), Vitamin A: 171.3IU (3.43%), Vitamin C: 2.8mg (3.39%), Selenium: 2.1µg (3%), Zinc: 0.38mg (2.51%), Copper: 0.03mg (1.52%)