



## Savannah Banana Pudding

READY IN



195 min.

SERVINGS



15

CALORIES



279 kcal

### Ingredients

- 5 bananas sliced
- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 35 square shortbread cookies divided crushed
- 1.5 cups cool whip whipped topping thawed

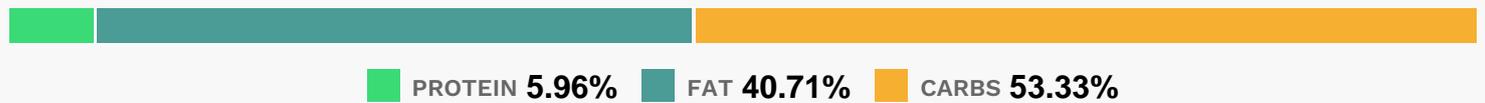
### Equipment

- bowl
- blender

## Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in 1 cup milk, then gradually beat in remaining milk alternately with dry pudding mixes. Beat on low speed 2 min.
- Reserve 1/4 cup cookie crumbs; sprinkle remaining crumbs onto bottom of 13x9-inch dish. Cover with layers of bananas, pudding mixture and COOL WHIP.
- Sprinkle with reserved cookie crumbs.
- Refrigerate 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:12.91, Inflammation Score:-3, Nutrition Score:5.7308695730956%

## Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg 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: 278.66kcal (13.93%), Fat: 12.82g (19.72%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 36.43g (13.25%), Sugar: 23.71g (26.35%), Cholesterol: 21.28mg (7.09%), Sodium: 219.32mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Vitamin B2: 0.2mg (11.64%), Vitamin B6: 0.2mg (9.87%), Manganese: 0.19mg (9.54%), Phosphorus: 92.25mg (9.22%), Calcium: 85.05mg (8.51%), Potassium: 260.54mg (7.44%), Vitamin B1: 0.11mg (7.36%), Vitamin A: 328.89IU (6.58%), Folate: 24.57µg (6.14%), Selenium: 4.07µg (5.82%), Fiber: 1.34g (5.37%), Magnesium: 20.98mg (5.24%), Vitamin B12: 0.31µg (5.2%), Vitamin B3: 0.95mg (4.73%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.46mg (4.56%), Vitamin C: 3.42mg (4.15%), Iron: 0.69mg (3.85%), Vitamin D: 0.54µg (3.58%), Zinc: 0.44mg (2.91%), Vitamin K: 2.95µg (2.81%), Copper: 0.05mg (2.71%)