



Shortcut Nutter Butter®-Banana Pudding Trifle

READY IN



35 min.

SERVINGS



10

CALORIES



651 kcal

Ingredients

- ☐ 5 medium size bananas ripe
- ☐ 3 cups milk
- ☐ 1 lb peanut butter sandwich cookies
- ☐ 10 servings garnishes: peanut butter sandwich cookies dried fresh
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 6.8 oz vanilla pudding mix instant
- ☐ 2 cups extra creamy whipped topping thawed

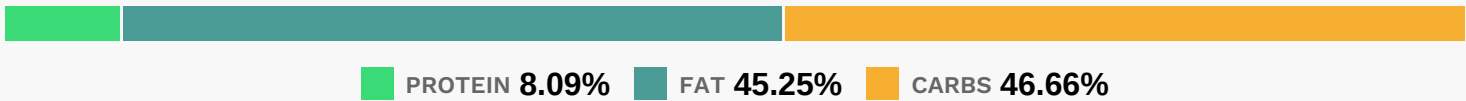
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Place 3 cups milk and vanilla in large bowl; add vanilla instant pudding mix. Beat with an electric mixer at medium speed 2 minutes or until thickened; let stand 5 minutes. Stir in sour cream.
- ☐ Fill a large bowl with ice.
- ☐ Place bowl in ice, and let stand, stirring occasionally, 30 minutes or until mixture is thoroughly chilled.
- ☐ Meanwhile, cut bananas into 1/4-inch slices. Break cookies into thirds.
- ☐ Spoon half of pudding mixture into a 3-qt. bowl or pitcher. Top with bananas and cookies. Spoon remaining pudding mixture over bananas and cookies. Top with whipped topping. Cover and chill 2 to 24 hours.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Nabisco Nutter Butter Sandwich Cookies. For photography, we divided mixture between 2 (1 1/2- to 2-qt.) wide-mouthed pitchers.
- ☐ Note: For testing purposes only, we used Jell-O Vanilla Instant Pudding and Pie Filling and Cool Whip Extra Creamy.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:8.61, Inflammation Score:-6, Nutrition Score:17.633043289185%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 650.66kcal (32.53%), Fat: 33.99g (52.3%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 78.88g (26.29%), Net Carbohydrates: 74.38g (27.05%), Sugar: 52.2g (58%), Cholesterol: 22.47mg (7.49%), Sodium: 481.96mg (20.95%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 13.67g (27.34%), Manganese: 0.94mg (47.19%), Iron: 6.24mg (34.68%), Vitamin B3: 5.94mg (29.71%), Vitamin E: 4.29mg (28.62%), Phosphorus: 266.32mg (26.63%), Magnesium: 103.48mg (25.87%), Vitamin B2: 0.37mg (21.63%), Vitamin B6: 0.43mg (21.3%), Potassium: 655.59mg (18.73%), Fiber: 4.5g (18%), Folate: 68.8µg (17.2%), Copper: 0.34mg (17.13%), Calcium: 152.76mg (15.28%), Vitamin B1: 0.2mg (13.36%), Vitamin K: 13.86µg (13.2%), Zinc: 1.63mg (10.87%), Vitamin B5: 1.02mg (10.22%), Selenium: 7.02µg (10.03%), Vitamin B12: 0.47µg (7.88%), Vitamin C: 5.34mg (6.47%), Vitamin A: 309.65IU (6.19%), Vitamin D: 0.81µg (5.37%)