



Skinny Banana Pudding

 Vegetarian

READY IN



500 min.

SERVINGS



12

CALORIES



315 kcal

Ingredients

- ☐ 3 cups skim milk fat-free (skim)
- ☐ 2 boxes vanilla pudding french instant (4-serving size each)
- ☐ 24 oz vanilla yogurt french yoplait®
- ☐ 8 oz cool whip fat-free frozen thawed
- ☐ 48 vanilla wafers reduced-fat
- ☐ 6 small banana sliced
- ☐ 1 slices banana for garnish, if desired

Equipment

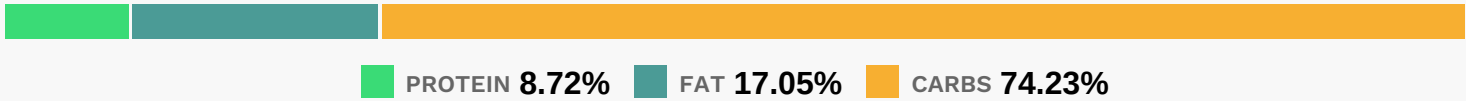
- ☐ bowl

- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ In large bowl, beat milk and pudding mix with electric mixer on low speed until well mixed; beat in yogurt. Fold in whipped topping.
- ☐ Place 24 vanilla wafers in a single layer in ungreased 13x9-inch (3-quart) glass baking dish. Spoon half of the pudding mixture over wafers.
- ☐ Place 6 sliced bananas over pudding mixture. Spoon remaining pudding mixture over bananas. Arrange remaining 24 vanilla wafers over top of pudding.
- ☐ Cover; refrigerate at least 3 hours but no longer than 8 hours. Just before serving, garnish with additional banana slices.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:19.98, Inflammation Score:-3, Nutrition Score:8.5508695257747%

Flavonoids

Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 314.83kcal (15.74%), Fat: 6.11g (9.41%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 58.01g (21.09%), Sugar: 40.54g (45.05%), Cholesterol: 7.94mg (2.65%), Sodium: 274.74mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Vitamin B2: 0.41mg (23.9%), Calcium: 201.61mg (20.16%), Phosphorus: 176.74mg (17.67%), Vitamin B12: 0.94µg (15.59%), Vitamin B6: 0.27mg (13.73%), Vitamin B1: 0.2mg (13.53%), Potassium: 455.79mg (13.02%), Folate: 42.16µg (10.54%), Magnesium: 31.93mg (7.98%), Selenium: 5.23µg (7.48%), Fiber: 1.86g (7.42%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.7mg (7.05%), Vitamin C: 4.96mg (6.02%), Zinc: 0.89mg (5.91%), Vitamin B3: 1.17mg (5.85%), Vitamin D: 0.67µg (4.49%), Vitamin A: 215.58IU (4.31%), Copper: 0.06mg (2.8%), Iron: 0.19mg (1.07%)