



Strawberry-Banana Pudding

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



326 kcal

Ingredients

- ☐ 3 banana diced ripe
- ☐ 1 cup skim milk fat-free
- ☐ 2 cups strawberries sliced
- ☐ 3.4 ounce vanilla pudding instant
- ☐ 1.5 cups vanilla wafers miniature divided
- ☐ 8 ounce cool whip fat-free frozen thawed

Equipment

- ☐ bowl
- ☐ whisk

☐ baking pan

Directions

- ☐ Combine pudding mix and milk in a small bowl; stir with a whisk until smooth. Fold whipped topping into pudding mixture. Fold in bananas.
- ☐ Layer 3/4 cup cookies in bottom of an 8-inch square baking dish.
- ☐ Spread half of pudding mixture over cookies. Repeat procedure with remaining cookies and pudding mixture. Top with strawberries.
- ☐ Serve immediately, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:23.47, Inflammation Score:-4, Nutrition Score:9.859565221745%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 326.01kcal (16.3%), Fat: 7.11g (10.94%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 60.58g (22.03%), Sugar: 39.09g (43.43%), Cholesterol: 7.55mg (2.52%), Sodium: 257.59mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Vitamin C: 33.36mg (40.43%), Vitamin B2: 0.41mg (23.91%), Manganese: 0.35mg (17.35%), Vitamin B6: 0.31mg (15.46%), Vitamin B1: 0.22mg (14.94%), Folate: 54.76µg (13.69%), Vitamin B12: 0.8µg (13.27%), Fiber: 3.13g (12.51%), Potassium: 419.99mg (12%), Calcium: 106.16mg (10.62%), Phosphorus: 105.77mg (10.58%), Magnesium: 30.09mg (7.52%), Vitamin B3: 1.48mg (7.39%), Selenium:

2.88µg (4.11%), Vitamin B5: 0.4mg (4.03%), Copper: 0.08mg (4.02%), Vitamin A: 192.97IU (3.86%), Zinc: 0.46mg (3.07%), Vitamin D: 0.45µg (2.99%), Iron: 0.37mg (2.08%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.46µg (1.39%)