



The Ultimate No-Bake Cheesecake Banana Pudding With Caramel Syrup

READY IN



30 min.

SERVINGS



16

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 4 large banana ripe sliced
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 24 ounce cream cheese softened
- ☐ 5.1 ounce vanilla pudding instant
- ☐ 2 cups milk
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounce vanilla wafers

☐ 8 ounce non-dairy whipped topping frozen thawed

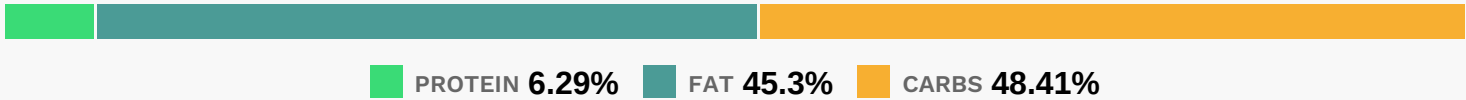
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and condensed milk at medium speed with an electric mixer 2 minutes.
- ☐ Beat dry pudding mix and milk in a large bowl at medium speed with an electric mixer 2 minutes; add vanilla, and beat 30 seconds.
- ☐ Add cream cheese mixture, and beat 1 minute. Fold in whipped topping.
- ☐ Spoon one-third of pudding mixture into a 4-quart bowl; drizzle with about 2 1/2 tablespoons caramel syrup.
- ☐ Layer with one-third each of bananas and vanilla wafers. Repeat layers twice with pudding mixture, caramel syrup, bananas, and ending with vanilla wafers, flat sides down, placed in a single ring around edge of bowl. Cover and chill at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:24.91, Inflammation Score:-5, Nutrition Score:7.4526086579198%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg 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: 457.23kcal (22.86%), Fat: 23.47g (36.1%), Saturated Fat: 13.38g (83.62%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 55.18g (20.06%), Sugar: 42g (46.67%), Cholesterol: 55.54mg (18.51%), Sodium: 354.13mg (15.4%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 7.34g (14.67%), Vitamin B2: 0.33mg (19.47%), Phosphorus: 168.91mg (16.89%), Calcium: 164.92mg (16.49%), Vitamin A: 725.35IU (14.51%), Selenium: 8.76µg (12.52%), Vitamin B1: 0.15mg (10.13%), Potassium: 354.65mg (10.13%), Vitamin B6: 0.18mg (9.14%), Folate: 32.63µg

(8.16%), Vitamin B12: 0.41µg (6.81%), Vitamin B5: 0.67mg (6.67%), Magnesium: 24.49mg (6.12%), Manganese: 0.1mg (5.2%), Fiber: 1.24g (4.94%), Vitamin B3: 0.92mg (4.59%), Vitamin C: 3.64mg (4.41%), Zinc: 0.64mg (4.25%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.39µg (2.57%), Copper: 0.04mg (2.08%), Vitamin K: 1.76µg (1.67%), Iron: 0.2mg (1.13%)