



Two-Minute Banana Pie Cups for Two

 Dairy Free

READY IN



2 min.

SERVINGS



2

CALORIES



94 kcal

Ingredients

- 0.5 banana thinly sliced
- 0.7 oz pack shortbread cookie crisps
- 2 jell-o vanilla pudding snacks sugar free
- 2 Tbsp cool whip whipped topping sugar free thawed

Equipment

Directions

Layer half each of the pudding, bananas and cookies alternately in 2 dessert dishes; repeat layers.

Top with COOL WHIP.

Nutrition Facts

PROTEIN 4.23% **FAT 32.01%** **CARBS 63.76%**

Properties

Glycemic Index:59.39, Glycemic Load:7.46, Inflammation Score:-1, Nutrition Score:2.2365217506886%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 94.04kcal (4.7%), Fat: 3.44g (5.29%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 14.51g (5.27%), Sugar: 7.72g (8.58%), Cholesterol: 0.09mg (0.03%), Sodium: 46.91mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Manganese: 0.12mg (6.23%), Vitamin B6: 0.12mg (5.83%), Fiber: 0.91g (3.64%), Folate: 14.53µg (3.63%), Vitamin B2: 0.06mg (3.45%), Potassium: 119.59mg (3.42%), Vitamin B1: 0.05mg (3.14%), Vitamin C: 2.57mg (3.11%), Vitamin B3: 0.54mg (2.72%), Magnesium: 9.75mg (2.44%), Iron: 0.39mg (2.19%), Vitamin E: 0.31mg (2.05%), Phosphorus: 16.76mg (1.68%), Copper: 0.03mg (1.66%), Selenium: 1.06µg (1.52%), Vitamin K: 1.45µg (1.38%), Vitamin B5: 0.13mg (1.3%)