



Uncooked Banana Pudding

READY IN



10 min.

SERVINGS



10

CALORIES



430 kcal

Ingredients

- 4 banana peeled sliced
- 5 ounce vanilla pudding instant
- 8 ounces cream sour
- 16 ounce vanilla wafers
- 8 ounce non-dairy whipped topping frozen thawed
- 2 cups milk whole

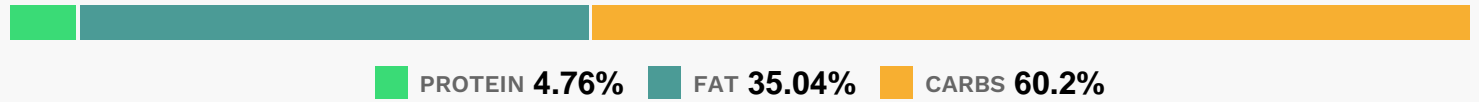
Equipment

- bowl

Directions

In large bowl combine sour cream, whipped topping, pudding mix and milk. Stir well. In the bottom of a trifle bowl or other glass serving dish, put a layer of cookies, then a layer of pudding mixture, then a layer of bananas. Repeat until all ingredients are used. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:31.13, Inflammation Score:-3, Nutrition Score:6.6034783099009%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 430.28kcal (21.51%), Fat: 17.04g (26.21%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 63.91g (23.24%), Sugar: 39.81g (44.23%), Cholesterol: 20.14mg (6.71%), Sodium: 314.73mg (13.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin B1: 0.24mg (16.1%), Vitamin B2: 0.27mg (15.68%), Folate: 51.4µg (12.85%), Phosphorus: 113.03mg (11.3%), Vitamin B6: 0.22mg (10.84%), Calcium: 102.1mg (10.21%), Potassium: 334.37mg (9.55%), Vitamin B3: 1.59mg (7.94%), Fiber: 1.95g (7.79%), Manganese: 0.13mg (6.65%), Vitamin B12: 0.36µg (5.94%), Magnesium: 22.46mg (5.61%), Vitamin A: 267.34IU (5.35%), Vitamin C: 4.31mg (5.22%), Selenium: 2.91µg (4.16%), Vitamin B5: 0.42mg (4.16%), Vitamin D: 0.54µg (3.58%), Zinc: 0.37mg (2.47%), Copper: 0.05mg (2.33%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.45µg (1.38%)