



Banana Blueberry Pie

READY IN



20 min.

SERVINGS



16

CALORIES



1266 kcal

DESSERT

Ingredients

- ☐ 3 bananas sliced
- ☐ 21 ounce blueberry filling canned
- ☐ 8 ounce cream cheese softened
- ☐ 18 inch pie shells
- ☐ 1.3 ounce whipped topping mix dry
- ☐ 12 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

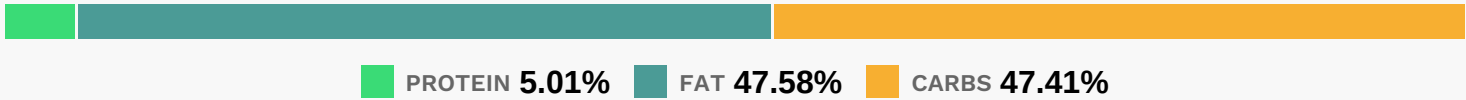
Equipment

bowl

Directions

- In a large bowl, mix together the cream cheese and sugar until light. Prepare the whipped topping mix according to package instructions, and fold into the cream cheese mixture.
- Place a layer of sliced banana into the bottom of each pie shell. Spoon half of the cream cheese mixture into each pie, and spread evenly. Spoon half of the blueberry pie filling over each pie in an even layer. Cover the tops of the pies with the thawed frozen whipped topping. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:9.49, Glycemic Load:11.39, Inflammation Score:-6, Nutrition Score:17.968695640564%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1265.81kcal (63.29%), Fat: 66.81g (102.78%), Saturated Fat: 23.91g (149.43%), Carbohydrates: 149.75g (49.92%), Net Carbohydrates: 142.59g (51.85%), Sugar: 35.33g (39.26%), Cholesterol: 14.79mg (4.93%), Sodium: 986.54mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Manganese: 1.14mg (56.81%), Vitamin B1: 0.64mg (42.81%), Folate: 164.28µg (41.07%), Iron: 6.25mg (34.73%), Vitamin B3: 6.29mg (31.46%), Fiber: 7.17g (28.67%), Vitamin B2: 0.47mg (27.5%), Selenium: 15.05µg (21.51%), Phosphorus: 203.94mg (20.39%), Vitamin K: 19.04µg (18.13%), Copper: 0.23mg (11.67%), Magnesium: 46.37mg (11.59%), Vitamin B5: 1.1mg (11%), Potassium: 383.01mg (10.94%), Vitamin B6: 0.22mg (10.86%), Vitamin E: 1.38mg (9.22%), Calcium: 84.51mg (8.45%), Zinc: 1.18mg (7.86%), Vitamin A: 232.4IU (4.65%), Vitamin C: 2.19mg (2.65%), Vitamin B12: 0.08µg (1.31%)