



## Banana-Caramel Pie

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

DESSERT

### Ingredients

- 12 small caramel candies soft
- 2 tablespoons chocolate sauce light
- 1.5 cups chocolate wafer cookie crumbs ( 36 cookies)
- 3 cups banana-nut ice milk
- 3 tablespoons butter melted reduced-calorie
- 1.3 cups non-dairy whipped topping frozen divided thawed reduced-calorie

### Equipment

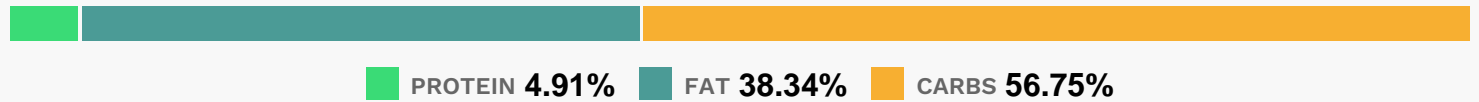
- bowl

- sauce pan
- ziploc bags

## Directions

- Combine cookie crumbs and margarine in a small bowl, and stir well. Press into bottom and 1 inch up the sides of a 9-inch pieplate; freeze 1 hour.
- Spread Banana-Nut Ice Milk into prepared crust, and freeze for 1 hour or until firm.
- Place 3/4 cup whipped topping in a freezer-safe bowl, and set aside.
- Place caramels in a small saucepan; cook over medium-low heat until melted and smooth, stirring constantly.
- Remove from heat; stir in remaining 1/2 cup whipped topping. Fold caramel mixture into the 3/4 cup whipped topping; cover and freeze 30 minutes.
- Spread caramel mixture over pie; freeze 1 hour or up to 3 days. To serve, place chocolate sauce in a zip-top heavy-duty plastic bag, and seal bag. Snip a tiny corner off bag; drizzle chocolate over plate and pie.

## Nutrition Facts



## Properties

Glycemic Index:14.31, Glycemic Load:14.71, Inflammation Score:-4, Nutrition Score:9.2086956698609%

## Nutrients (% of daily need)

Calories: 271.63kcal (13.58%), Fat: 11.91g (18.32%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 38.43g (13.97%), Sugar: 27.27g (30.3%), Cholesterol: 1.75mg (0.58%), Sodium: 280.07mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin D: 36.94µg (246.29%), Vitamin B2: 0.3mg (17.63%), Calcium: 150.42mg (15.04%), Vitamin E: 1.68mg (11.22%), Manganese: 0.17mg (8.27%), Vitamin A: 400.47IU (8.01%), Phosphorus: 59.37mg (5.94%), Iron: 1.07mg (5.94%), Copper: 0.12mg (5.88%), Fiber: 1.21g (4.84%), Magnesium: 16.95mg (4.24%), Vitamin B1: 0.06mg (4.17%), Potassium: 131.58mg (3.76%), Vitamin B3: 0.65mg (3.24%), Folate: 11.07µg (2.77%), Selenium: 1.86µg (2.65%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.6%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.15%)