



Banana-Caramel Spice Pie

READY IN



255 min.

SERVINGS



15

CALORIES



197 kcal

DESSERT

Ingredients

- 1 large banana sliced
- 1 cup caramel ice cream topping
- 0.5 tsp ground cinnamon
- 6.6 oz jell-o chocolate flavor pudding white instant
- 2 cups milk cold
- 6 oz oreo pie crust
- 8 oz cool whip whipped topping thawed

Equipment

bowl

whisk

Directions

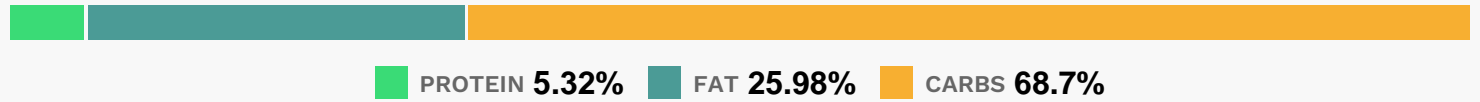
Spread banana slices onto bottom of crust.

Beat pudding mix, cinnamon and milk in large bowl with whisk 2 min. Stir in COOL WHIP. Spoon into crust.

Refrigerate 4 hours or until firm.

Serve topped with caramel topping.

Nutrition Facts



Properties

Glycemic Index:6.52, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:3.0347826221715%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.93kcal (9.85%), Fat: 5.79g (8.91%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 33.52g (12.19%), Sugar: 26.55g (29.5%), Cholesterol: 4.21mg (1.4%), Sodium: 310.47mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Phosphorus: 76.6mg (7.66%), Calcium: 60.95mg (6.1%), Vitamin B2: 0.09mg (5.54%), Manganese: 0.09mg (4.71%), Potassium: 150.23mg (4.29%), Magnesium: 17.12mg (4.28%), Vitamin B1: 0.06mg (3.88%), Vitamin B12: 0.23µg (3.88%), Fiber: 0.93g (3.74%), Iron: 0.54mg (2.99%), Vitamin B6: 0.06mg (2.89%), Folate: 10.89µg (2.72%), Copper: 0.05mg (2.67%), Vitamin D: 0.36µg (2.39%), Selenium: 1.58µg (2.26%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.18mg (1.79%), Vitamin A: 83.51IU (1.67%), Zinc: 0.24mg (1.61%), Vitamin C: 0.87mg (1.05%)