



Banana-Cinnamon Spice Pie

READY IN



250 min.

SERVINGS



10

CALORIES



165 kcal

Ingredients

- 1 large banana sliced
- 8 oz cool whip free whipped topping thawed
- 1.5 cups milk fat-free cold
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 0.5 tsp ground cinnamon
- 2 oz jell-o chocolate flavor pudding fat free white sugar free instant

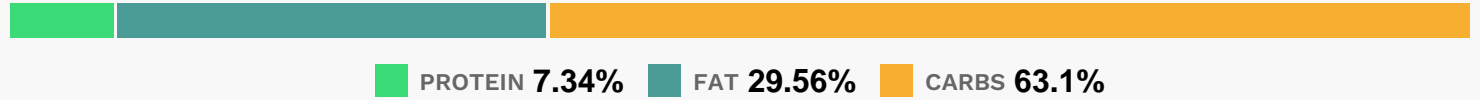
Equipment

- bowl
- whisk

Directions

- Arrange banana slices in single layer on bottom of crust.
- Beat pudding mixes, cinnamon and milk in large bowl with whisk 2 min. Gently stir in COOL WHIP. Spoon over bananas in crust.
- Refrigerate 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:5.0347826169885%

Flavonoids

Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg 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: 165.36kcal (8.27%), Fat: 5.54g (8.52%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 25.55g (9.29%), Sugar: 14.07g (15.64%), Cholesterol: 4.73mg (1.58%), Sodium: 192.68mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Manganese: 0.3mg (15.01%), Vitamin B2: 0.24mg (13.99%), Vitamin B12: 0.55µg (9.15%), Phosphorus: 81.8mg (8.18%), Calcium: 80.6mg (8.06%), Vitamin B1: 0.09mg (6.02%), Vitamin B6: 0.11mg (5.65%), Potassium: 167.72mg (4.79%), Folate: 18.54µg (4.64%), Fiber: 1.04g (4.16%), Magnesium: 16.44mg (4.11%), Vitamin B3: 0.78mg (3.9%), Vitamin K: 3.97µg (3.78%), Copper: 0.07mg (3.7%), Zinc: 0.51mg (3.37%), Iron: 0.57mg (3.16%), Selenium: 2.14µg (3.06%), Vitamin D: 0.4µg (2.69%), Vitamin A: 123.92IU (2.48%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.21mg (2.09%), Vitamin C: 1.19mg (1.44%)