



Banana Cream Pie

READY IN



19 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- ☐ 1.3 cups banana peeled sliced
- ☐ 1 cup chocolate graham cracker crumbs reduced-fat (10 crackers)
- ☐ 0.3 cup creme de cacao liqueur divided
- ☐ 3.4 ounce banana cream-flavored pudding mix instant
- ☐ 1 cup milk 1% low-fat
- ☐ 0.3 cup butter melted reduced-calorie
- ☐ 1.8 cups non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

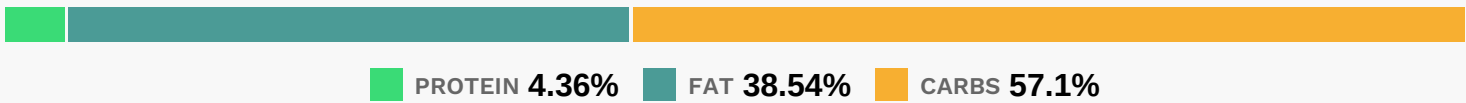
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine cracker crumbs and margarine, stirring well. Press into bottom and up sides of a 9-inch pieplate.
- ☐ Bake at 350 for 8 minutes.
- ☐ Remove from oven, and let cool on a wire rack.
- ☐ Combine pudding mix, milk, and 1/4 cup liqueur in a medium bowl, stirring with a wire whisk until smooth. Gently fold 1 cup whipped topping into pudding mixture.
- ☐ Toss banana slices with remaining 1 tablespoon liqueur, and arrange over prepared crust. Spoon pudding mixture over banana slices. Cover and chill 1 1/2 hours or until set. Pipe or spoon remaining 3/4 cup whipped topping around edge of pie just before serving.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:3.1186956478202%

Flavonoids

Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240kcal (12%), Fat: 10.03g (15.43%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 32.83g (11.94%), Sugar: 22.31g (24.79%), Cholesterol: 1.8mg (0.6%), Sodium: 308.54mg (13.41%), Alcohol: 1.4g (100%), Alcohol %: 1.67% (100%), Protein: 2.55g (5.11%), Phosphorus: 146.18mg (14.62%), Vitamin A: 338.7IU (6.77%), Vitamin B6: 0.11mg (5.39%), Calcium: 52.84mg (5.28%), Vitamin B2: 0.08mg (4.48%), Potassium: 152.17mg (4.35%), Vitamin B12: 0.22µg (3.68%), Manganese: 0.07mg (3.27%), Magnesium: 11.47mg (2.87%), Vitamin C: 2.05mg (2.49%), Fiber: 0.61g (2.44%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.32µg (2.16%), Selenium: 1.34µg (1.92%), Vitamin B5: 0.19mg (1.91%), Vitamin B1: 0.03mg (1.88%), Folate: 5.84µg (1.46%), Zinc: 0.18mg (1.22%), Copper: 0.02mg (1.14%), Vitamin B3: 0.21mg (1.04%)