



Banana Cream Pie II

READY IN



190 min.

SERVINGS



10

CALORIES



268 kcal

Ingredients

- ☐ 3 bananas
- ☐ 7 ounce vanilla pudding mix instant
- ☐ 2.5 cups milk cold
- ☐ 1 9-inch pie crust ()
- ☐ 2 cups non-dairy whipped topping frozen thawed

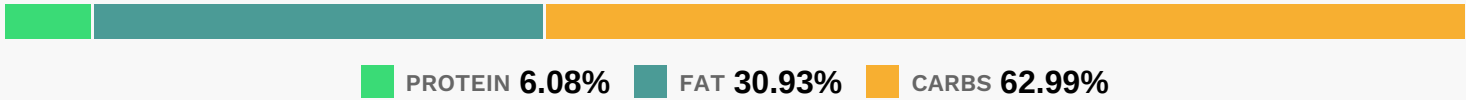
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Slice 2 of the bananas and arrange in bottom of baked and cooled pastry shell.
- ☐ Pour cold milk into a medium bowl.
- ☐ Add pudding mix and whisk until thoroughly combined. Fold in 1/2 cup of the whipped topping.
- ☐ Pour into pastry shell.
- ☐ Chill at least 3 hours before serving.
- ☐ Garnish with remaining whipped topping and slices of the remaining banana.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:5, Inflammation Score:-2, Nutrition Score:5.2182608583699%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 268.32kcal (13.42%), Fat: 9.33g (14.35%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 41.2g (14.98%), Sugar: 26.54g (29.49%), Cholesterol: 7.62mg (2.54%), Sodium: 242.15mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Phosphorus: 95.29mg (9.53%), Vitamin B2: 0.16mg (9.42%), Manganese: 0.19mg (9.4%), Calcium: 92.24mg (9.22%), Vitamin B6: 0.18mg (9.01%), Potassium: 256.75mg (7.34%), Vitamin B1: 0.1mg (6.88%), Fiber: 1.54g (6.16%), Vitamin B12: 0.36µg (5.99%), Folate: 21.53µg (5.38%), Magnesium: 20.93mg (5.23%), Selenium: 3.19µg (4.56%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.43mg (4.27%), Vitamin B3: 0.85mg (4.27%), Vitamin C: 3.08mg (3.73%), Iron: 0.64mg (3.57%), Zinc: 0.41mg (2.75%), Vitamin A: 132.78IU (2.66%), Copper: 0.05mg (2.44%), Vitamin K: 2.3µg (2.19%), Vitamin E: 0.23mg (1.55%)