



## Banana Cream Pie-in-a-Bowl

 Popular

READY IN



330 min.

SERVINGS



6

CALORIES



503 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup flour all-purpose
- 0.3 cup brown sugar packed
- 0.5 cup butter firm
- 0.5 cup peanuts
- 1 box jello banana pudding mix instant (4-serving size)
- 2 cups milk cold
- 3 medium banana ripe sliced
- 8 oz non-dairy whipped topping frozen thawed

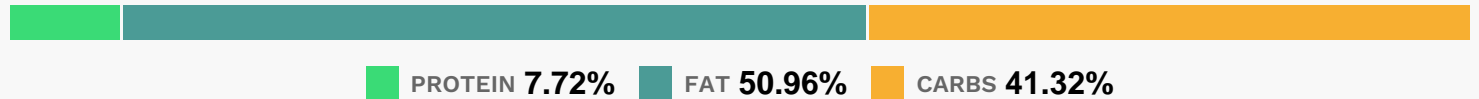
## Equipment

- bowl
- frying pan
- oven
- blender

## Directions

- Heat oven to 400°F. In medium bowl, mix flour and brown sugar.
- Cut in butter, using pastry blender, until mixture is crumbly. Stir in peanuts. Press evenly on bottom of ungreased 9-inch square pan.
- Bake about 15 minutes or until light brown. Stir to break up. Cool completely, about 1 hour.
- In large bowl, make pudding mix as directed on box, using 2 cups milk. In 2-quart serving bowl, layer half of the crumb mixture, pudding, bananas and whipped topping; repeat layers. Cover and refrigerate at least 4 hours. Top with additional peanuts if desired. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:30.34, Glycemic Load:19.58, Inflammation Score:-7, Nutrition Score:13.020869534949%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 502.62kcal (25.13%), Fat: 29.22g (44.95%), Saturated Fat: 9.97g (62.32%), Carbohydrates: 53.31g (17.77%), Net Carbohydrates: 50.06g (18.2%), Sugar: 29.11g (32.34%), Cholesterol: 10.52mg (3.51%), Sodium: 245.25mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Manganese: 0.63mg (31.59%), Vitamin B1: 0.32mg (21.26%), Folate: 80.54µg (20.13%), Phosphorus: 198.86mg (19.89%), Vitamin B2: 0.32mg (18.57%), Vitamin B3: 3.7mg (18.49%), Vitamin A: 874.14IU (17.48%), Vitamin B6: 0.33mg (16.53%), Calcium: 159.14mg (15.91%),

Selenium: 11.09µg (15.85%), Potassium: 504.37mg (14.41%), Magnesium: 57.19mg (14.3%), Fiber: 3.25g (13.01%),  
Copper: 0.19mg (9.72%), Iron: 1.7mg (9.44%), Vitamin B12: 0.53µg (8.9%), Vitamin B5: 0.83mg (8.35%), Vitamin C:  
5.17mg (6.27%), Vitamin D: 0.89µg (5.96%), Vitamin E: 0.89mg (5.92%), Zinc: 0.87mg (5.78%), Vitamin K: 1.81µg  
(1.72%)