



Banana Cream Pie with Caramel Drizzle

READY IN



255 min.

SERVINGS



15

CALORIES



163 kcal

DESSERT

Ingredients

- 1 banana sliced
- 0.3 cup caramel ice cream topping
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 cups cool whip whipped topping divided thawed

Equipment

- bowl

whisk

Directions

Arrange banana slices on bottom of crust.

Beat pudding mixes and milk in medium bowl with whisk 2 min. Stir in 1 cup COOL WHIP.

Pour into crust.

Refrigerate 4 hours or until firm. Top with remaining COOL WHIP just before serving.

Drizzle with caramel topping.

Nutrition Facts



PROTEIN 5.15% **FAT 28.74%** **CARBS 66.11%**

Properties

Glycemic Index:6.19, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:2.8065217266912%

Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 162.58kcal (8.13%), Fat: 5.24g (8.06%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 26.63g (9.68%), Sugar: 19.28g (21.42%), Cholesterol: 4.1mg (1.37%), Sodium: 167.51mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Manganese: 0.17mg (8.57%), Phosphorus: 56.98mg (5.7%), Calcium: 53.29mg (5.33%), Vitamin B2: 0.09mg (5.03%), Vitamin B12: 0.2µg (3.37%), Potassium: 104.93mg (3%), Vitamin B6: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.9%), Vitamin K: 2.93µg (2.79%), Vitamin D: 0.36µg (2.39%), Magnesium: 9.52mg (2.38%), Folate: 9.32µg (2.33%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.3mg (2%), Selenium: 1.4µg (1.99%), Fiber: 0.5g (1.99%), Vitamin E: 0.29mg (1.91%), Iron: 0.34mg (1.86%), Copper: 0.04mg (1.77%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 68.64IU (1.37%)