



Banana Mallow Pie

READY IN



75 min.

SERVINGS



8

CALORIES



271 kcal

Ingredients

- 2 bananas sliced
- 6 oz ready-to-use graham cracker crumb crust
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 cups marshmallows jet-puffed miniature
- 1.8 cups milk cold
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Let stand 5 min. Stir in marshmallows and COOL WHIP.
- Place banana slices in crust; cover with pudding mixture.
- Refrigerate 1 hour or until firm.

Nutrition Facts

 **PROTEIN 5.35%**  **FAT 27.29%**  **CARBS 67.36%**

Properties

Glycemic Index:19.16, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:5.4308696104133%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271.22kcal (13.56%), Fat: 8.38g (12.89%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 45.27g (16.46%), Sugar: 28.99g (32.21%), Cholesterol: 6.59mg (2.2%), Sodium: 213.98mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.36mg (17.87%), Phosphorus: 93.45mg (9.35%), Vitamin B2: 0.15mg (8.86%), Calcium: 80.93mg (8.09%), Vitamin B6: 0.16mg (7.96%), Potassium: 222.2mg (6.35%), Vitamin B1: 0.08mg (5.34%), Vitamin B12: 0.31µg (5.12%), Magnesium: 20.17mg (5.04%), Folate: 20.13µg (5.03%), Fiber: 1.26g (5.02%), Vitamin K: 5.24µg (4.99%), Vitamin B3: 0.96mg (4.78%), Copper: 0.09mg (4.33%), Vitamin D: 0.59µg (3.91%), Iron: 0.68mg (3.76%), Zinc: 0.55mg (3.64%), Selenium: 2.41µg (3.44%), Vitamin B5: 0.34mg (3.36%), Vitamin E: 0.5mg (3.31%), Vitamin C: 2.57mg (3.11%), Vitamin A: 112.5IU (2.25%)