



Banana, Peanut Butter & Chocolate Pudding Pie

READY IN



255 min.

SERVINGS



8

CALORIES



231 kcal

Ingredients

- 1 medium banana thinly sliced
- 3 Tbsp butter melted
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2 cups milk cold
- 16 peanut butter sandwich cookies divided
- 1.5 cups cool whip whipped topping divided thawed ()

Equipment

- bowl

whisk

Directions

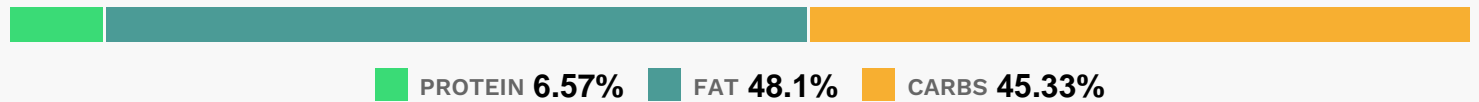
Finely crush 14 of the cookies; mix with butter. Press firmly onto bottom and up side of 9-inch pie plate.

Place banana slices on bottom of crust. Chop remaining 2 cookies; set aside.

Add milk to dry pudding mixes in medium bowl. Beat with wire whisk 2 min. Gently stir in 1 cup of the whipped topping; spread over banana slices. Top with remaining 1/2 cup whipped topping and the chopped cookies.

Refrigerate at least 4 hours before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:2.71, Inflammation Score:-3, Nutrition Score:6.0082608979681%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 231.28kcal (11.56%), Fat: 12.66g (19.47%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.75g (9.36%), Sugar: 17.99g (19.99%), Cholesterol: 7.6mg (2.53%), Sodium: 179.65mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Iron: 2.96mg (16.44%), Manganese: 0.21mg (10.3%), Phosphorus: 98.97mg (9.9%), Vitamin B2: 0.17mg (9.81%), Calcium: 92.4mg (9.24%), Vitamin K: 7.29µg (6.94%), Potassium: 217.46mg (6.21%), Vitamin A: 306.94IU (6.14%), Vitamin B12: 0.36µg (6.05%), Vitamin B1: 0.09mg (5.96%), Magnesium: 23.84mg (5.96%), Vitamin E: 0.87mg (5.81%), Vitamin B6: 0.1mg (5.01%), Copper: 0.09mg (4.73%), Folate: 18.07µg (4.52%), Vitamin D: 0.67µg (4.47%), Fiber: 1.09g (4.35%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.47mg (3.1%), Vitamin C: 1.29mg (1.57%)