



## Banana Pineapple Delight

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 bananas
- 2 cups confectioners' sugar
- 4 tablespoons cornstarch
- 2 eggs
- 2 cups graham crackers crushed
- 0.3 cup juice of lemon
- 0.5 cup butter
- 20 ounce pineapple in heavy syrup crushed drained canned

- 1 tablespoon vanilla extract
- 8 ounce non-dairy whipped topping frozen thawed

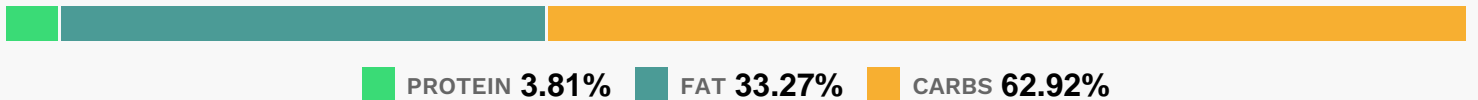
## Equipment

- frying pan
- sauce pan

## Directions

- Combine graham cracker crumbs and melted margarine, and pat into bottom of 9x13-inch pan.
- In medium, non-stick saucepan over medium heat, combine remaining margarine, confectioners' sugar, eggs, corn starch and vanilla. Bring to a boil, stirring frequently. Continue stirring, reduce heat and simmer 8 to 10 minutes.
- Let cool, then spread over crust.
- Peel and slice bananas, dipping each piece in lemon juice to prevent browning, and layer over custard mixture.
- Layer pineapple on top of bananas. Cover all with whipped topping. Keep refrigerated until serving.

## Nutrition Facts



## Properties

Glycemic Index:8.59, Glycemic Load:9.08, Inflammation Score:-3, Nutrition Score:4.0704347698585%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 264.98kcal (13.25%), Fat: 9.96g (15.32%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 40.85g (14.85%), Sugar: 30.48g (33.87%), Cholesterol: 22.13mg (7.38%), Sodium: 170.9mg (7.43%), Alcohol: 0.3g (100%), Alcohol %: 0.3% (100%), Protein: 2.57g (5.14%), Vitamin C: 7.2mg (8.72%), Vitamin B6: 0.14mg (7.14%), Vitamin A: 347.78IU (6.96%), Fiber: 1.54g (6.18%), Vitamin B2: 0.1mg (5.98%), Phosphorus: 57.28mg (5.73%), Magnesium: 21.52mg (5.38%), Vitamin B1: 0.08mg (5.36%), Potassium: 185mg (5.29%), Iron: 0.8mg (4.47%), Folate: 16.23µg (4.06%), Selenium: 2.71µg (3.87%), Vitamin B3: 0.75mg (3.73%), Copper: 0.07mg (3.58%), Manganese: 0.07mg (3.48%), Calcium: 33.54mg (3.35%), Vitamin E: 0.41mg (2.73%), Zinc: 0.4mg (2.68%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.09µg (1.5%)