



Banana Pudding Pie

READY IN



200 min.

SERVINGS



8

CALORIES



304 kcal

Ingredients

- ☐ 2 medium banana cut into 1/8-inch slices
- ☐ 1 deep dish pie crust frozen
- ☐ 1 box jello banana pudding mix instant (6-serving size)
- ☐ 2.3 cups milk
- ☐ 24 vanilla wafers
- ☐ 1 cup non-dairy whipped topping frozen thawed

Equipment

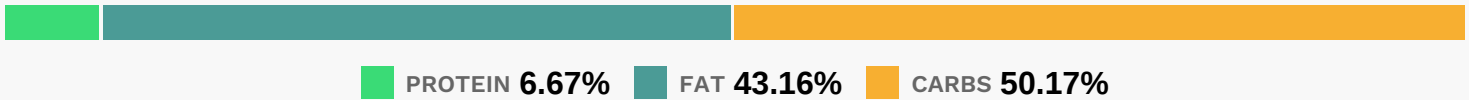
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat oven to 400F.
- ☐ Bake pie crust as directed on package for one-crust baked pie shell. Cool completely, about 30 minutes. Reserve 8 vanilla wafer cookies; coarsely crush remaining 16 cookies. Set aside.
- ☐ In large bowl, beat milk and pudding mix with whisk about 2 minutes or until thickened. Spoon 3/4 cup pudding into cooled pie shell. Top with half the crushed vanilla wafer cookies and half the banana slices. Repeat layers; top with remaining pudding. Cover surface of pie with plastic wrap. Refrigerate 3 hours to blend flavors.
- ☐ Just before serving, remove plastic wrap. Top each serving with a dollop of whipped topping and a vanilla wafer cookie. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:14.42, Inflammation Score:-3, Nutrition Score:6.2965216947638%

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: 304.26kcal (15.21%), Fat: 14.77g (22.73%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 37.22g (13.53%), Sugar: 14.9g (16.55%), Cholesterol: 8.6mg (2.87%), Sodium: 207.08mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin B1: 0.19mg (12.61%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 110.51mg (11.05%), Folate: 43.77µg (10.94%), Manganese: 0.22mg (10.84%), Calcium: 98.2mg (9.82%), Vitamin B6: 0.17mg (8.26%), Potassium: 258.86mg (7.4%), Vitamin B3: 1.45mg (7.26%), Vitamin B12: 0.39µg (6.49%), Fiber: 1.41g (5.66%), Magnesium: 21.1mg (5.27%), Vitamin D: 0.75µg (5.03%), Vitamin K: 4.89µg (4.66%), Vitamin B5: 0.46mg (4.56%), Selenium: 3.1µg (4.42%), Iron: 0.72mg (4.03%), Vitamin C: 2.57mg (3.11%), Zinc: 0.47mg (3.1%), Vitamin E: 0.46mg (3.07%), Vitamin A: 136.99IU (2.74%), Copper: 0.05mg (2.35%)