



Banana Split Ice Cream Pie

READY IN



240 min.

SERVINGS



8

CALORIES



537 kcal

Ingredients

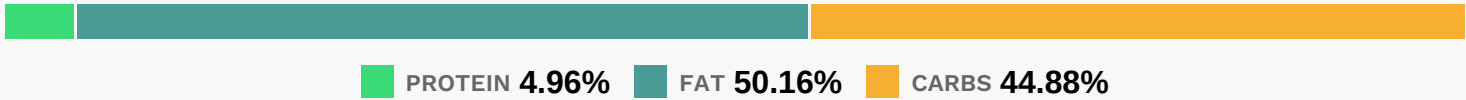
- ☐ 2 bananas sliced
- ☐ 0.3 cup butter melted
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 20 chocolate wafers such as nabisco famous crushed finely
- ☐ 1 cup heavy whipping cream
- ☐ 1 quart strawberry ice cream softened
- ☐ 0.3 cup walnuts chopped

Equipment

Directions

- ☐ Mix cookie crumbs with melted butter. Press into a 9-inch pie plate.
- ☐ Arrange bananas over bottom of crust.
- ☐ Spread ice cream in an even layer over bananas. Top with drained pineapple. Whip the cream and spread over top.
- ☐ Sprinkle with nuts.
- ☐ Place pie in freezer for 4 hours or until firm.
- ☐ Garnish with cherries, if desired. Makes 8 servings.

Nutrition Facts



Properties

Glycemic Index:21.78, Glycemic Load:8.46, Inflammation Score:-7, Nutrition Score:11.647826122201%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 536.78kcal (26.84%), Fat: 31.12g (47.87%), Saturated Fat: 17.53g (109.54%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 59.15g (21.51%), Sugar: 20.28g (22.54%), Cholesterol: 83.47mg (27.82%), Sodium: 212.7mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin B2: 0.44mg (25.99%), Vitamin C: 18.56mg (22.5%), Vitamin A: 1049.99IU (21%), Manganese: 0.4mg (20.07%), Calcium: 184.34mg (18.43%), Phosphorus: 181.15mg (18.12%), Potassium: 493.48mg (14.1%), Fiber: 3.51g (14.03%), Copper: 0.27mg (13.67%), Vitamin B6: 0.26mg (12.92%), Magnesium: 51.11mg (12.78%), Vitamin B1: 0.18mg (12.26%), Vitamin B5: 1.11mg (11.12%), Folate: 35.67µg (8.92%), Vitamin B12: 0.43µg (7.13%), Iron: 1.26mg (7.01%), Selenium: 4.82µg (6.89%), Zinc: 0.87mg (5.81%), Vitamin B3: 1.09mg (5.45%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.48µg (3.17%), Vitamin K: 2.55µg (2.43%)