



## Banana Split Pie

READY IN



195 min.

SERVINGS



15

CALORIES



195 kcal

DESSERT

### Ingredients

- 1 banana sliced
- 2 Tbsp chocolate syrup
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 0.3 cup planters pecans chopped
- 1 cup strawberries fresh divided sliced
- 8 oz cool whip whipped topping divided thawed

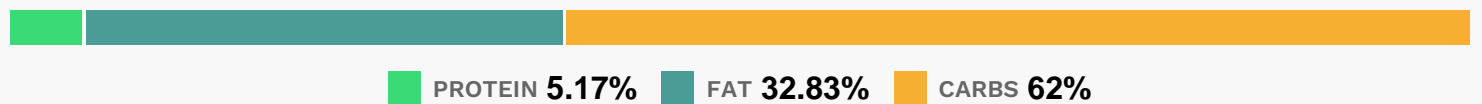
# Equipment

- bowl
- whisk

# Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min.
- Spread 1-1/2 cups pudding onto bottom of crust; top with bananas and half the strawberries.
- Stir half the COOL WHIP into remaining pudding; spread over fruit layer in crust. Cover with remaining COOL WHIP.
- Drizzle with chocolate syrup; top with remaining strawberries and nuts.
- Refrigerate 3 hours or until firm.

# Nutrition Facts



# Properties

Glycemic Index:9.52, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:4.0873912883841%

# Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 194.89kcal (9.74%), Fat: 7.19g (11.06%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.56g (10.75%), Sugar: 21.46g (23.84%), Cholesterol: 4.21mg (1.4%), Sodium: 162.19mg (7.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 0.3mg (15.03%), Vitamin C: 6.36mg

(7.71%), Phosphorus: 72.89mg (7.29%), Calcium: 58.49mg (5.85%), Vitamin B2: 0.1mg (5.7%), Copper: 0.09mg (4.35%), Magnesium: 16.32mg (4.08%), Potassium: 140.72mg (4.02%), Fiber: 0.98g (3.93%), Vitamin B1: 0.06mg (3.88%), Vitamin B6: 0.07mg (3.43%), Vitamin B12: 0.21µg (3.43%), Vitamin K: 3.39µg (3.23%), Folate: 12.17µg (3.04%), Iron: 0.53mg (2.95%), Zinc: 0.43mg (2.87%), Vitamin B3: 0.54mg (2.7%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.36µg (2.39%), Selenium: 1.64µg (2.35%), Vitamin B5: 0.19mg (1.95%), Vitamin A: 71.12IU (1.42%)