



Banana Split Pie

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

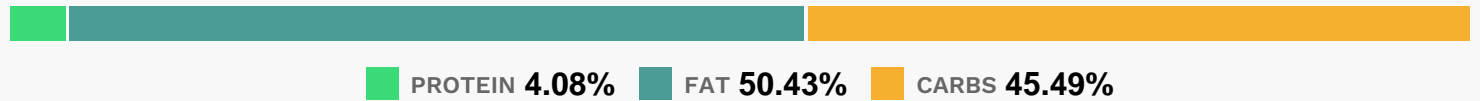
- 2 bananas
- 0.5 cup butter
- 1.5 cups confectioners' sugar
- 2 eggs
- 1 tablespoon juice of lemon
- 19-inch pie crust ()
- 1 ounce chocolate unsweetened grated
- 1 teaspoon vanilla extract

Equipment

Directions

- Cream together butter or margarine and confectioner's sugar. Beat in eggs one at a time; beat for 3 minutes after each addition. Stir in vanilla.
- Slice 2 bananas, and sprinkle with lemon juice. Fold grated chocolate and bananas into sugar mixture. Turn filling into cooled pie shell.
- Garnish with walnuts, banana slices, and whipped cream.
- For more information regarding egg safety, read our Hints and Tips.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:3.27, Inflammation Score:-4, Nutrition Score:5.8447826323302%

Flavonoids

Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 365.09kcal (18.25%), Fat: 21.03g (32.35%), Saturated Fat: 10.86g (67.85%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 40.69g (14.8%), Sugar: 25.8g (28.66%), Cholesterol: 71.42mg (23.81%), Sodium: 210.75mg (9.16%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.83g (7.66%), Manganese: 0.34mg (17.16%), Vitamin A: 433.19IU (8.66%), Iron: 1.55mg (8.63%), Copper: 0.17mg (8.32%), Selenium: 5.66µg (8.09%), Fiber: 1.99g (7.94%), Folate: 30.36µg (7.59%), Vitamin B2: 0.13mg (7.51%), Vitamin B6: 0.14mg (7.09%), Phosphorus: 64.03mg (6.4%), Magnesium: 25.08mg (6.27%), Vitamin B1: 0.09mg (5.91%), Potassium: 180.98mg (5.17%), Vitamin B3: 0.94mg (4.69%), Zinc: 0.66mg (4.38%), Vitamin E: 0.61mg (4.04%), Vitamin C: 3.29mg (3.99%), Vitamin B5: 0.39mg (3.93%), Vitamin K: 3.34µg (3.18%), Vitamin B12: 0.12µg (2.03%), Calcium: 19.76mg (1.98%), Vitamin D: 0.22µg (1.47%)