

Banana Split Pie

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

Ingredients

- ☐ 0.8 cup banana sliced
- ☐ 6 ounce ready-made graham cracker piecrust reduced-fat
- ☐ 8 ounce pineapple in juice crushed drained well canned
- ☐ 1 ounce vanilla fat-free sugar-free instant
- ☐ 1.3 cups water
- ☐ 2 cups non-dairy whipped topping fat-free frozen divided thawed

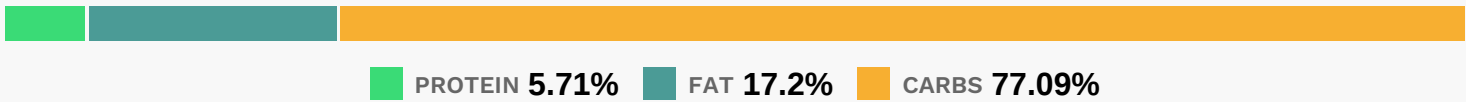
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Arrange banana slices in bottom of piecrust, and spread crushed pineapple over banana.
- ☐ Combine water and pudding mix in a medium bowl; stir with a whisk until mixture is well blended. Fold in 1/2 cup whipped topping.
- ☐ Spread pudding mixture evenly over fruit; cover and chill at least 2 hours or freeze 45 minutes.
- ☐ Spread remaining whipped topping over pudding mixture.
- ☐ Garnish pie with cherries, if desired.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:17.35, Inflammation Score:-2, Nutrition Score:5.0134781961856%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 214.73kcal (10.74%), Fat: 4.21g (6.47%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 40.36g (14.67%), Sugar: 21.95g (24.39%), Cholesterol: 4mg (1.33%), Sodium: 238.02mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin B2: 0.25mg (14.41%), Vitamin B1: 0.15mg (9.73%), Fiber: 2.07g (8.28%), Phosphorus: 81.13mg (8.11%), Vitamin B6: 0.16mg (7.81%), Magnesium: 29.98mg (7.5%), Iron: 1.34mg (7.43%), Vitamin B3: 1.39mg (6.97%), Vitamin C: 5.18mg (6.28%), Vitamin B12: 0.37µg (6.17%), Calcium: 58.19mg (5.82%), Folate: 22.93µg (5.73%), Potassium: 192.12mg (5.49%), Zinc: 0.7mg (4.66%), Copper: 0.08mg (3.89%), Manganese: 0.05mg (2.55%), Selenium: 1.13µg (1.62%), Vitamin A: 74.65IU (1.49%)