



Banana Split Tart

READY IN



75 min.

SERVINGS



16

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 2 small banana sliced
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.5 cup semi chocolate chips melted
- ☐ 1 cup strawberries fresh sliced
- ☐ 21 oz strawberry pie filling with more fruit canned
- ☐ 12 oz vanilla yogurt french yoplait®

Equipment

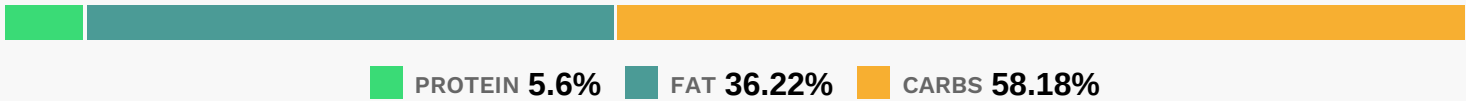
- ☐ baking sheet

- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 375F. Unroll 1 pie crust on center of ungreased large cookie sheet. Unroll second pie crust and place over first crust, matching edges and pressing to seal. With rolling pin, roll into 14-inch round.
- ☐ Fold 1/2 inch of crust edge under, forming border; press to seal seam (if desired, flute edge). Prick crust generously with fork.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool completely, about 30 minutes.
- ☐ Spread 1/4 cup of the melted chocolate chips evenly over cooled baked crust.
- ☐ Spread yogurt over chocolate. Arrange banana slices on top of yogurt.
- ☐ Spread pie filling evenly over top. Arrange strawberries over pie filling.
- ☐ Drizzle remaining melted chocolate over top.
- ☐ Cut into wedges and serve. Cover and refrigerate any remaining tart.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:5.0013043128926%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 227.16kcal (11.36%), Fat: 9.01g (13.86%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 30.53g (11.1%), Sugar: 14.86g (16.51%), Cholesterol: 1.4mg (0.47%), Sodium: 125.81mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 3.13g (6.26%), Vitamin C: 14.44mg (17.5%), Manganese: 0.25mg (12.74%), Fiber: 2.02g (8.07%), Iron: 1.25mg (6.93%), Phosphorus: 66.27mg (6.63%), Folate: 24.52µg (6.13%), Vitamin B2: 0.1mg (5.83%), Vitamin B1: 0.09mg (5.7%), Calcium: 55.41mg (5.54%), Magnesium: 21.63mg (5.41%), Copper: 0.11mg (5.29%), Potassium: 161.68mg (4.62%), Selenium: 3.1µg (4.43%), Vitamin B3: 0.86mg (4.32%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.29mg (2.89%), Vitamin K: 2.51µg (2.39%), Vitamin B12: 0.12µg (2.05%), Vitamin E: 0.19mg (1.27%)