



Banana Yogurt Pie

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



180 kcal

Ingredients

- 1 banana finely sliced
- 2 bananas frozen peeled chopped
- 3 tablespoons cocoa powder
- 1 cup dates pitted
- 1 teaspoon gelatin powder unflavored
- 1 teaspoon ground nutmeg
- 0.3 cup juice of lemon
- 1 cup evaporated milk chilled low-fat
- 1 cup yogurt plain low-fat

Glycemic Index:32.36, Glycemic Load:12.99, Inflammation Score:-3, Nutrition Score:8.0573912910793%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 180.36kcal (9.02%), Fat: 2.34g (3.6%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 31.77g (11.55%), Sugar: 18.63g (20.7%), Cholesterol: 5.82mg (1.94%), Sodium: 50.26mg (2.19%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Caffeine: 3.45mg (1.15%), Protein: 6.57g (13.15%), Manganese: 0.79mg (39.46%), Fiber: 4.36g (17.42%), Phosphorus: 131.34mg (13.13%), Magnesium: 51.18mg (12.8%), Potassium: 376.14mg (10.75%), Copper: 0.2mg (9.78%), Selenium: 6.68µg (9.54%), Vitamin B6: 0.19mg (9.44%), Vitamin C: 7.4mg (8.97%), Vitamin B1: 0.11mg (7.37%), Calcium: 71.13mg (7.11%), Vitamin B2: 0.12mg (7.05%), Zinc: 1.02mg (6.78%), Iron: 1.18mg (6.57%), Vitamin B5: 0.55mg (5.5%), Folate: 20.75µg (5.19%), Vitamin B3: 0.69mg (3.44%), Vitamin B12: 0.14µg (2.29%)